

Multicultural Newcomer Women's Support Group 45+



When:
Tuesdays – Jun 23 to Aug 25
2:00pm – 4:00pm

Where:
280-610 6th Street
New Westminster, BC

How to register:

Scan the QR Code



Or click here:

[https://forms.cloud.mic
rosoft/r/DjzQkjraAy](https://forms.cloud.microsoft/r/DjzQkjraAy)

Contact us:

778-372-6528
fiorella.diliberto@issbc.org

Come join us for 10 weekly sessions!

- **MAKE FRIENDS:** Meet women like you and share experiences in a welcoming, safe space.
- **SELF-CARE:** Develop skills and strategies to take care of your body and mind.
- **LEARN:** Practice your English in group conversations about life and culture.
- **DISCOVER:** Find the resources and benefits available in your community: health care, financial assistance, housing, and food support for the whole family.
- **CONNECT:** Enjoy the warmth of the summer in the beautiful outdoors of New Westminster

Certificate of participation and bus tickets included.
Eligibility: Permanent Residents & Protected Persons

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