

# HER WELLNESS FOR SUCCESS

*...applying language to support newcomer integration.*

**Program Highlights: Strengthening Wellness and Building Relationships by:**

- Empowering & Developing Self-Esteem
- Upgrading Transferable Skills
- Practicing Communication
- Overcoming Barriers & Bias



## ON-GOING REGISTRATION

**EVERY Tuesday and Friday**  
**(FREE Online Session)**  
**6:00 TO 7:30PM**  
**6 Weeks: Starting from**  
**May 9- June 16**

**Facilitated by an ESL Instructor, Life-Skills Coach, Certified Stress & Wellness Consultant to help \*newcomer women improve wellbeing using language learning activities, such as creative writing, reading, and story-telling.**

**\* Newcomers who are:**  
**Permanent Residents, Convention Refugees, Protected Persons,**  
**Live-in Caregivers, CUAET**

## Participants Feedback:

*"Improve self-confidence while connecting with others"*

*"It is very useful for every woman especially those who are passing through many difficulties."*

*"It's not only about communicating in English, which is in itself a great opportunity to benefit from, but it's also about interesting subjects presented in a unique way where you can express yourself without being judged."*

For information & registration, contact:

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