

Online Learning for Temporary Foreign Workers

Gain communication skills and confidence!



Course is offered weekly at no cost to participants.

August 2019 to March 2020.

For Temporary Foreign Workers and Caregivers who have:

- Commitment to engage in an individualized online learning plan
- Adequate English language skills (preferably CLB 6) to participate actively in the program
- Access to a computer device and internet

To register:

Email: tfwonline@issbc.org

Online: <http://bit.ly/tfwonline>

Call: 604-684-3599 ext. 1272

Stress Management

Every person responds to stress differently. A response depends on how we perceive the stress event. Negative stress can seriously affect one's sense of self-worth and can sometimes cause physical and mental illness. This module will help you examine some of the stresses in your life and be aware of how you respond both physically and emotionally, and learn some strategies that will help you cope with stress.