Join us for 7 sessions and learn how to take care of yourself
Sundays from January 10 to February 21
from 10:00am to 12:00pm
This program is for Temporary Foreign Workers

IMPORTANT:

This is an online course.
You will need a laptop, tablet or a smartphone and access to the Internet.
The use of headphones is highly recommended.
If you need help to set up your Zoom account please contact us.

For more information about this event or to register contact
Lizeth Escobedo lizeth.escobedo@gv.ymca.ca or register in Eventbrite
https://www.eventbrite.ca/e/working-on-wellness-for-temporary-foreign-workers-online-tickets-132474776623

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