

Victoria Immigrant and Refugee Centre Society Presents:

Covid-19 Information Sessions for Migrant Workers

During this unprecedented time, having reliable information is vital. Come learn about Covid-19, how is it transmitted, how to protect your family, and the importance of supporting your mental health during this time.

February 10: Understanding Covid-19

- Learn about Covid-19, how it is transmitted, how to protect yourself, your coworkers, and communities. Learn where to get reliable information.

February 12: Mental Health During Covid-19

- Learn about the importance of supporting your mental health and develop healthy coping habits and support strategies.

Join us on Zoom
@11:00 am



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