



SELF CARE

DEVELOPING SELF-CARE CULTURE

DEC 18/2025

- * This program is for newcomers with Permanent Resident status
- * Ideas on how to care for yourself
- * Improve your mental health
- * Light snack provided

Caring for yourself in a new place

Thursday: 5:30pm-7:30pm

Location: 584 Pembina Hwy Room 206 and online via Zoom

Level: For all levels of English speakers

Cost: Free

REGISTER TODAY!

When registering, tell us if you need childcare, a bus ticket or an interpreter.

Email: registercsp@familydynamics.ca

Phone: 431-334-5607

More workshops at familydynamics.ca



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