



Wellness and Self-care for Syrian Parents

The program consists of 8-week 2 hour sessions for Syrian parents that will enhance their sense of community support and provide them with information regarding community services. The aim is to increase knowledge regarding wellness and enhance self care strategies.

Dates:

- 27/2/2018
- 6/3/2018
- 13/3/2018
- 20/3/2018
- 27/3/2018
- 3/4/2018
- 10/4/2018
- 17/4/2018

Location and time:

1244 Donald street, Ottawa, ON, K1V 8V6, floor B1- social room from 6:00-8:00pm

Workshop Topics:
Communication
Biculturalism
Psychoeducation
Emotional Regulation
Loss and Grief
Parenting

If your organization is interested in referring clients, kindly contact one of the organizers:

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