

IMMIGRANT SUPPORT GROUP

Coming to Canada as a parent or young adult or on your own can be challenging.

Learning a new language, new culture, leaving family behind is difficult.

We offer a safe place to meet new people and integrate into Canadian society.

At times, do you feel isolated?

Do you need help to overcome a traumatic experience?

Would you like emotional support and strategies on how to adapt to a new country?

Would you like to talk about your feelings in a safe and supportive environment?

**FREE SUPPORT GROUP MEETS FOURTH TUESDAY OF THE MONTH
6:00 PM - 8:00 PM
11 HOLLAND STREET EAST, BRADFORD, ON**



**FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:
BRADFORD IMMIGRANT & COMMUNITY SERVICES AT 905-775-3343
EMAIL: bicsregister@gmail.com**

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