## FREE IMMIGRANT SUPPORT GROUP IN BRADFORD



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?

COMING TO CANADA CAN BE CHALLENGING.
LEARNING A NEW LANGUAGE, NEW CULTURE AND LEAVING A FAMILY BEHIND IS DIFFICULT.
WE OFFER A SAFE PLACE TO MEET NEW PEOPLE AND INTEGRATE INTO CANADIAN SOCIETY.

SECOND AND LAST WEDNESDAY OF EACH MONTH – 6PM TO 8PM Bradford West Gwillimbury Library - 425 Holland Street West, Bradford



FOR MORE INFORMATION, PLEASE CONTACT:

## **BRADFORD IMMIGRANT & COMMUNITY SERVICES**

Call: (905) 775-3343 or Email: programs@bradfordimmigrant.ca

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