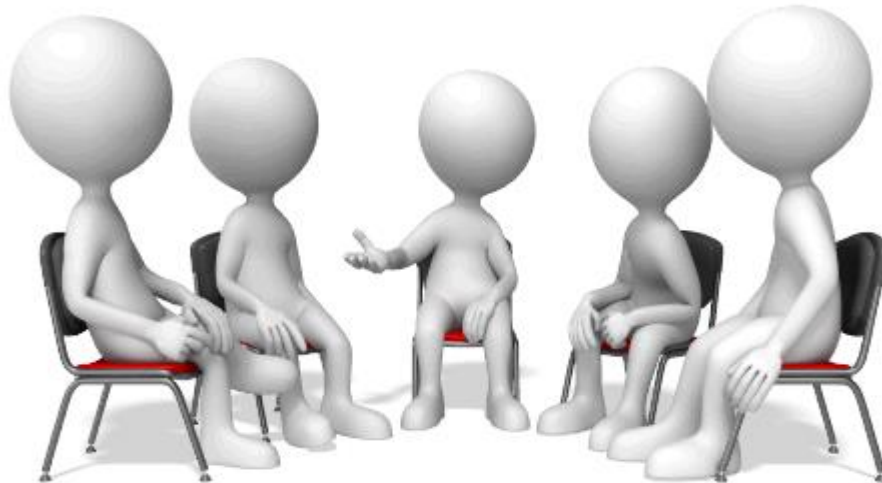


# FREE IMMIGRANT SUPPORT GROUP IN BRADFORD



*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.

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SECOND AND LAST WEDNESDAY OF EACH MONTH – 6PM TO 8PM  
Virtual Sessions through Google Meet



**FOR MORE INFORMATION, PLEASE CONTACT:**

**BRADFORD IMMIGRANT & COMMUNITY SERVICES**

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

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