



Men's Changeways Program (Farsi)

Adapting to life in Canada & making positive changes

The Changeways Program is an opportunity for men to address and improve their personal and cultural adjustment in a new community.

- Exploring the stresses experienced as an immigrant while adjusting to life in a new country/culture, recognizing changes in sense of identity and the loss experienced
- Empowering through development of resources and skills to support success in social and work environment.
- Creating motivation by setting personal and professional goals for moving forward both in personal life and professional planning (employment).

To register contact

Shady Ashtari, shadya@nsms.ca or
604.988.2931 (ext. 263)



Details

- Facilitated by Goli Shifteh, RPC
- 8 sessions
- Take-home resources given at each session

This workshop will be presented in Farsi

Location

**North Shore
Multicultural Society**
207-123 East 15th Street
North Vancouver

Time & Dates

Wednesdays

6:00 – 8:00 pm

September 20, 27;
October 4, 11, 18, 25;
November 4, 11

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