



Immigrant Women's Health Program

Learn how to access the health care system and share this information with your family.

Participants will learn:

- ✓ Health and wellness information for women and the community
- ✓ Confidence and motivation to access health services
- ✓ Social network and support

Who can attend?

- ✓ Immigrant women who are over 18 years
- ✓ North Shore residents
- ✓ Women interested in the health care system, who can commit to attending all the training sessions and share what they learn with their families
- ✓ Permanent Residents, Canadian Citizens and Convention Refugees

To register contact:

Nazila Safari, nazilas@nsms.ca or 604.988.2931

This program is government funded and free of charge.



Details

- 6 Friday sessions, 1:00 – 3:00 pm
- 12 hours of training on health related information
- For immigrant women, over 18 years, who are living on the North Shore
- Open to Permanent Residents, Canadian Citizens, Convention refugees

This program will be presented in Farsi

Location

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

Fridays (6 sessions)
1:00 – 3:00 pm
November 3, 10, 17, 24
December 1, 8

Tel: 604.988.2931
Fax: 604.988.2960
Email: office@nsms.ca

www.nsms.ca
www.facebook.com/nsmsbc

Funded by:

Financé par :



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada