

Health and Wellness



Join us to discover local health resources and learn about maintaining physical, mental, and emotional health through presentations, discussions, and activities.

Recommended for students in LINC 4 or higher.

Time & Dates:

Every Wednesday
3:00pm – 4:00pm
January 15 - March 12

Eligibility

Eligible participants are:

- Permanent Residents
- Ukrainian Refugees under CUAET

Location:

ICA (808 Douglas Street, Victoria)
Classroom 427, 4th Floor

To register or for more information, please contact:

Doreen Mavandad (she/her)
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