



Enhancing Healthier Relationships Program (EHRP), Wellness Sessions

Open to Individuals of All Immigration Statuses

Join us for wellness sessions designed to support your well-being, build healthier relationships, and strengthen family connection in Canada.

WHAT YOU'LL LEARN

- Managing migration-related stress
- Healthy relationships, effective communication
- Canadian legal systems, domestic violence protections, and support services
- Parenting and supporting children's well-being
- Conflict resolution and financial stress management
- Family connections, cultural adaptation, and self-care

PROGRAM DETAILS

- **December 2026—January 2027**
- **Fridays at 6-7:30 pm**
- **6 sessions (once a week)**
- **Online and In-Person Options**
- **Receive a Letter of Completion**

Scan Here to Register

For more information

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