

Social Networking Among Newcomers



**August 15, 2025
4:00 am – 5:00 pm**

**For more information, please contact:
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Join this session to talk about food we eat that help support heart health, boost your energy, and keep you productive every day!



**Client Eligibility:
Permanent Resident, Convention Refugee**



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

*All of our programs & services including childcare
are available at no cost to eligible clients.*