



MIGRANT COUNSELLING PROGRAM

Community Expressive Craft Space

A hands-on and group program combining self-care and craft techniques to support self-expression, stress management, and therapeutic healing

Open to people 19+ who are:

- Refugees and refugee claimants
- CUAET holders
- Undocumented migrants in the process of settling.

Sign up here:



 **Tuesdays: May 7-May 28, 2024**

 **6:00pm - 8:00pm**

 **Online: Zoom**

Limited space available
For more information, contact:
milagros@gordonhouse.org



Mount Pleasant
Neighbourhood House

