



# PICS Settlement Program in collaboration with UBC is Organizing a Workshop for Refugee Women



## To Explore the Healing Pathways from Mental Health Issues and Psycho-Social Trauma

### YOU CAN GET INFORMATION ABOUT

- Why it is important to know about mental health issues
- Types of mental health illness
- Effective ways to deal with mental health issues
- How to Set Priorities - Self Care
- How to avoid mental health issues in future

**EVENT DETAILS**  
**TIME:** 10am-12pm.  
**DATE:** 27 September, 2024  
**Cost:** Free  
**Mode:** In-Person and online

### CONTACT US FOR REGISTRATION OR SCAN THE BAR CODE



604-596-7722 EXT 256



shama.farooq@pics.bc.ca

**PICS Head Office: Unit 205, 12725, 80th Avenue, Surrey, BC, V3W 3A6**