

Navigating Ontario Healthcare System

Eligible participants: PR Card Holders, Convention Refugees and Protected Persons

New to Canada?

Join our sessions to learn
How to Navigate Ontario's

- **Healthcare System**
- **Dental Care Plans**
- **Mental Health Resources**

**Weekly Sessions
Online via Zoom**

**From October 1st, 2026
till October 29th, 2026**

**Every Thursday
at 11:30 am**

Zoom Link will be
shared via email

Register via QR Code
or email:

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www.hmcconnections.com



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