

Wellbeing in Transition Thriving on the Settlement Journey

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

Join our informative sessions to learn simple strategies to:

- **Cope with change**
- **Build connections**
- **Boost your well-being**
- **Navigate your new life with confidence**

**Weekly Sessions
Online via Zoom**

**From October 6th, 2026
till October 27th, 2026**

**Every Tuesday
at 4:30 PM**

Zoom Link will be shared
via email
Register via QR Code
or email:

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www.hmcconnections.com



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