



SPANISH SPEAKING GROUP

**For Issues Related to
Immigration, Mental Health & Trauma**

Where?

**K-W Counselling Services
480 Charles Street East
Kitchener, Ontario
519-884-0000 ext 224**

When?

**Every Thursday
Begins: March 11
7:00 pm
12 sessions**

A Spanish-speaking, professional therapeutic counsellor, will help you to overcome feelings of:

- Sadness at the loss of your homeland, family and friends;
- Stress, depression, anxiety (and possibly nightmares) over traumatic experiences in your homeland or in Canada;
- Increased anger and frustration.

Please join us and learn how to adjust to living in Canada and learn how to have a happier better life here.

**For further information or for registration please call:
519-884-0000 ext: 224**

Please leave your voice message in Spanish and Daniel will call you as soon as possible