



# *In Celebration of International Women's Day*



Collingwood Neighbourhood House (CNH) Settlement Services  
in partnership with Pacific Immigrant Resource Society (PIRS)  
presents...

## **Immigrant Women's Health and Wellness Workshop Series**

(Childminding is available for FREE upon request)

### February 22, 2012

Wednesday, 3:00 to 5:00 pm  
**Street/Personal Safety  
& Self-Defense Training**

### March 1, 2012

Thursday, 1:00 to 3:30 pm  
**Women's Mental Health &  
Wellness Workshop**

### February 27, 2012

Monday, 1:00 to 3:30 pm  
**Getting out of Your Comfort Zone  
(Self Esteem & Inspiring Women)**

### March 2, 2012

Friday, 1:00 to 3:30 pm  
**Women Staying Healthy  
(Nutrition & Diet Workshop)**

### February 29, 2012

Wednesday, 3:00 to 5:00 pm  
**Relaxation Through  
Simple Yoga**

Certificate of completion attending the 5  
workshops will be awarded on Thursday,  
March 8 at the International Women's Day.

## **International Women's Day!**

*Come let's celebrate, connect and share stories...*

**On Thursday, March 8, 2012  
from 10:00 to 12:30 PM**

Collingwood Neighbourhood House  
5288 Joyce Street, Vancouver BC V5R 6C9  
For more details look for Karen Caguioa  
Register at the frontdesk or send email at  
kcaguioa@cnh.bc.ca or call 604.435.0323 Extn. 263

**HURRY!  
Register  
Now!**