

There are three ways to reserve or get more details from Voice of English-speaking Québec (VEQ):

1. By phone: 418 683-2366, ext. 221
2. By e-mail: newcomers@veq.ca
3. By fax using the response card below: 418 688-3273.

One number

If you live in the Greater Quebec City region and would like health and social services in English, please call the Jeffery Hale at:

» **418 684-JEFF (5333)**
1-888-984-5333 toll-free

- Emergency room
- Diagnostic services
- Geriatric services
- Community Services



Jeffery Hale

418 684-JEFF (5333)
1250, ch. Sainte-Foy
Québec QC G1S 2M6

www.jefferyhale.org



*The winds of
change*

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A workshop  
for English-speakers  
who have moved  
to Quebec City in  
the past few years  
~~~~~



Jeffery Hale
Community Services

**418 684-JEFF (5333),
ext. 1580**



*The winds of
change*

Yes! I would like more details about the Winds of Change workshop. Please contact me.

Mr. Mrs. Miss Ms First name _____ Family name _____

Mailing address _____ Apt _____

City _____ Prov _____ Postal Code _____

Home phone _____ Work phone _____ Cell _____

Email address _____

I may need help to find babysitting

Welcome!



Did you know that...

- moving here from another province and country;
- moving to a place where you cannot speak the local language;
- being separated from your family, friends and former community (even if you moved here by choice);
- not having the job you really want (or any job at all);

... are big life changes that can affect your emotional well being?

The Winds of Change is a workshop for English-speaking people who have moved to the Quebec City region in the last few years.

Learn ways to create balance in your life and:

- ✓ Discover ways to adapt to new cultures
- ✓ Understand how change has an impact on your life
- ✓ Get connected! Share stories with seasoned newcomers



ou will also learn about resources and tools that can help you adapt, such as:

- ✓ Language Courses
- ✓ Employment counselling
- ✓ Vocational training
- ✓ Social networks
- ✓ VEQ's Finding Your Niche for Newcomers' sessions
- ✓ Other support organizations

The winds of change

workshop will be held at **soon**
at the Jeffery Hale.

Dessert and coffee to follow

Come alone or bring a friend.
Just don't miss this chance to learn something new while you meet others.

These evenings are offered free of charge thanks to VEQ's **Finding Your Niche for Newcomers program**

VEQ
Voice of English-speaking Québec

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Breastfeeding mothers welcome.