

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](http://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  
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**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.