



November Guest Speakers

Coping with Anxiety and Depression

November 16th, 2022 1:00 pm - 2:00 pm

REGISTER: <https://coping-with-anxiety-and-depression.eventbrite.ca>



Dealing with anxiety and depression can feel overwhelming, but there are strategies that can help you. This in-person information session will cover: symptoms of anxiety and depression, healthy vs. unhealthy coping strategies, and overcoming stigma.

Managing Stress While Job Searching

November 28th, 2022 1:00 pm - 2:00 pm

REGISTER: <https://www.cognitofrms.com/CanadianMentalHealthAssociationYorkRegion/HowToManageStressWhileJobSearching>



A follow-along presentation and discussion platform to explore various ways to manage stress while preparing to job search, during job search, and once employed. This session includes techniques and strategies to manage and cope with stress so that a productive and successful day-to-day can be achieved.

H&R Block Info Session Newcomers

November 29th, 2022 10:00 am - 11:00 am

REGISTER: <https://hr-block-info-session-newcomers.eventbrite.ca>



This in person information session will introduce newcomers to the Canadian tax system and help you understand how to complete your first income tax return as a resident of Canada. You will learn about common tax terms; tax rates; credits, deductions & benefits; tax filing, and retirement savings.

QUESTIONS, CONTACT US TODAY
905-707-7332 • info@thornhillhub.com



The Government of Ontario and its agencies are in no way bound by the recommendation contained in this document.

