

CULTURALLY RESPONSIVE COUNSELLING FOR IMMIGRANT WOMEN – SENIORS

Supporting immigrant senior women to feel connected, valued, and supported.

PROGRAM DETAILS

Moving to a new country later in life can feel isolating. Our program helps immigrant senior women build community, strengthen emotional well-being, and feel a true sense of belonging.

We provide caring, culturally respectful support in a safe and welcoming space.

What We Offer:

- Individual counselling sessions for emotional support
- Educational workshops on women's health, mental health, and overall well-being
- Group wellness activities and community engagement programs
- Intergenerational activities that connect seniors and youth
- "Grandma's Kitchen" gatherings to share stories, culture, and connection
- Home visits for seniors who need additional support

CONTACT

Noreen Mahmood
403-263-4414 Ext. 147
seniorsprograms@ciwa.org

ELIGIBILITY

Immigrant women ages 50+ with permanent residency

Funded by:
Immigration, Refugees and Citizenship Canada

Financé par :
Immigration, Réfugiés et Citoyenneté Canada