

LGBTQ+ Newcomer Support Calendar – April 2024

Theme: Becoming Better Versions of Ourselves

Friday Workshops

ZOOM Link for all Friday Workshops - Register in advance for these meetings:

<https://us02web.zoom.us/meeting/register/tZEqcOyopjorE9H9xSiwp0485RTjEDuGpeki>

After registering, you will receive a confirmation email containing information about joining the meeting.

When	Topic	What Will We Learn?	Speaker/s
Friday, Apr 5 3:00 PM - 5:00 PM	Financial Literacy: Part IV <u>Zoom Session</u>	<ul style="list-style-type: none"> Balancing Bank Accounts Understanding Wages/Salaries Paying Tax 	Guest Speaker: Sujata De Souza (She/Her) Financial Educator <i>Financial Literacy Campaign</i>
Friday, Apr 12 3:00 PM - 5:00 PM	The Dynamic Approach <u>Zoom Session</u>	<ul style="list-style-type: none"> Discovering multifaceted approaches to dealing with Trauma 	Guest Speaker: Nicole Brown Faulknor <i>Registered Psychotherapist</i> Trauma and Embodiment Association of Ontario (TEAO)
Friday, Apr 19 3:00 PM - 5:00 PM	Wellness Circle <u>IN PERSON SESSION at 349 Ontario Street</u>	<ul style="list-style-type: none"> Support Group: Applying techniques to help cope and manage mental and emotional stress. 	Invited: Rainbow Connect Group Participants
Saturday, Apr 27 1:00 PM - 5:00 PM	Art Expression <u>IN PERSON SESSION at 349 Ontario Street</u>	<ul style="list-style-type: none"> Recreational therapeutic techniques using paint and imagination 	Invited: Rainbow Connect Group Participants

Peer 2 Peer Chit Chat – Tuesdays, Biweekly

When	Topic	ZOOM Link for All Peer-to-Peer Sessions
Tuesday, Apr 2 6:30 PM - 8:00 PM	Managing the Wait	<p style="text-align: center;">Register in advance for these meetings:</p> <p style="text-align: center;">https://us02web.zoom.us/meeting/register/tZcqDQqhQDojGtxt8GNnJolg49RgVSAzvJ1t</p> <p style="text-align: center;"><i>After registering, you will receive a confirmation email containing information about joining the meeting.</i></p>
Tuesday, Apr 16 6:30 PM - 8:00 PM	Keeping Hope Alive	

For questions and to join Rainbow Connect, please contact us: nicholas.manyan@tngcs.org | 416-824-3726 | rainbowconnect@tngcs.org (Peer Leaders)