



Wellness & Learning Initiatives

International Community Connection

The **International Community Connection** is a virtual support group for our international community of individuals within a peer-to-peer support model that aims to cultivate and create a safe and respectful space for individuals to explore and speak to their shared and authentically-lived experiences - with an emphasis on building a robust and diversly-rich, vibrant, inclusive and supportive international collective through the lens of community-relationship building and engagement. We extend the invitation to each member of our international community to bring in their varied intersecting identities; intentionally creating mobility around the uncovering and articulation of, where we might locate ourselves socially. In holding the awareness around the challenges presented in assimilating to not only a new country and culture, but also, the transition into and along the post-secondary continuum - in this space we honour the depth and richness to which each individual's experiences will bring, where our international community connection will draw a collective voice to:

- Not feel alone.
- Connect to self through identifying our uniqueness.
- Process and learn from each other's wisdom and experience.
- Create a community to uplift and support one another.
- Empower individuals with the knowledge and awareness to becoming a global citizen.

Moving towards a more specialized mode of support, the **International Community Connection** is a peer-to-peer support resource for members of the community to get to know and support each another, learn from professionals how to navigate everyday challenges, and connect with long-term support resources. This group will be peer-led and facilitated by a mental health professional. This is not counselling or a therapy group, but those with individual needs are encouraged to talk to the facilitator after the group.

Join us as we endeavour to **Connect, Create,** and **Cultivate** healthier and more equitable communities for all.

When do I need to register for a support group?

Community Connection Group Dates:

Mondays from 6:00 p.m. to 7:00 p.m. EST

Check our monthly calendar for the start date.

Registration Dates

There is no registration required.

What is needed: A device with internet access is required to participate in the exchanges and discussions.

Microphone and camera accessibility is encouraged, although use during group sessions is optional.

Email our Wellness and Learning Initiatives team at wellness@guard.me for more information.