

WEBINAR 

MENTAL HEALTH AND PERSONAL WELLBEING



Tuesday, December 16, 2025 | 2:00 p.m. - 3:00 p.m.

**Helping Internationally Trained Ontario Residents
Navigate Financial Barriers and Job Market Integration**

Free virtual information session covers the following topics:

- Up to \$30K in micro-loans for education and career training
- MedEx's personal support and home making services, rehabilitation, workplace wellness, and more
- Understanding key mental health challenges and their impact on daily life and workplace wellbeing
- Learn how nutrition and simple lifestyle changes can support better mood and overall mental wellness
- Live Q&A from a program member

Register via. Zoom or Email:
cmurray@achev.ca

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