



**YWCA JUMP** is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. *(Must provide documentation of record of landing.)*

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## GETTING THE MOST FROM YOUR HEALTHCARE APPOINTMENTS

*This program was developed and copyrighted by the South West Self-Management Program.*



Wednesday, June 23, 2021 | 10 – 11:30a.m. | via Zoom\*

### You will:

- Receive information on what to do before, during, and after your healthcare appointment
- Learn how to develop an action plan to improve your healthcare experience
- Enhance your skills to communicate more effectively with your healthcare provider

\* Audio and visual are required

For more information and to book your appointment, please contact us at [nsutherland@ywca-toronto.org](mailto:nsutherland@ywca-toronto.org) or by phone at **416.266.0303 x240**

**PRE-REGISTRATION IS REQUIRED**



NATIONAL ADVOCACY  
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