

## Healthy Lifestyles

Focus for Ethnic Women Waterloo Region Inc.

Description of Service	Outreach program delivering Life Skills and settlement services to immigrant women who are not able to access programs offered at our location.
Who is service designed for? Who is eligible?	immigrant and refugee women, regardless of their time in Canada
How can this service be accessed?	
Name of contact within agency for more information	Agnes Das, Andrea Alvarez-Ernst
Hours for service	8:30-4:30
Address for service	33 Bridgeport Rd. East, Waterloo, N2J 2J4
Phone contact for service	519-746-3411
Email address for service	ffew@golden.net
Can you offer any further information or recommendations for referring agency?	Services are delivered considering immigrant women's specific needs; access to Language in the Workplace workshops and business clothing provided
What is the best way to refer/connect someone interested in this service?	word-of-mouth, call the office