

March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 2:00 pm World Teen Mental Wellness Day	3	4 7:00 pm Managing The Mental Health Impacts of Living With a Chronic Health Condition	5 10:30 am Effective Resume Writing Webinar	6 10:00 am Paint Your Peace: International Women's Day Event 10:00 am Health and Wellness Fair 1:00 pm Empowering Safer Spaces Campaign Launch	7	8
9	10	11 10:30 am Nutrition for Heart Health Management for 55+ 2:00 pm Apply for Canadian Citizenship (Conducted in Punjabi)	12 9:00 am Mental Health First Aid (MHFA)	13 11:30 am Free In- Person Cooking Class for 55+	14	15
16	17	18 1:00 pm Introduction to Private Sponsorship Program (PSR) for Settlement Professionals	19 1:00 pm Financial Strategies for Internationally Educated Healthcare Professionals: Stability when Seeking Licensure	20 10:00 am Tax Benefits and Credits for Youth/ Students and International Students 11:30 am Free In- Person Cooking Class for 55+	21	22
23	24	25	26 9:00 am Commissioner of Oaths Services: In- Person Life Certificate Clinic	27 10:00 am In-Person Service Canada Pension Clinic for Seniors	28 9:30 am Free Resume Writing Clinic for Newcomers	29
30	31					