

# Women of the World Program

Every  
One  
Matters.

The purpose of this multicultural women's development program is to enable women to promote their own health and the health of other women through mutual support. The Women of the World program (WOW) goals are to ensure that immigrant women feel connected to, and included within, their Canadian community.

Through its activities and mutual support, WOW also empowers participants to become contributing members of their communities and to live fully engaged lives. The groups help women who are new to Canada to recognize their own skills, develop friendships and to become informed about services and people who may help them to adjust to life in Canada.

**"it (the WOW program) changed the way I look at my life. I feel much better about myself. Getting all this information I feel like I can do things on my own now and that definitely has a great impact on my health."**

- Participant, Women of the World Program

**Peer Leader Training** is the main component. Participants are trained to work as Peer Facilitators and provide group and one-on-one support to women in their community. This model allows immigrant women to develop leadership ability, expand their social connections and develop a sense of community belonging.

**Support Groups** are started by our trained volunteer peer facilitators from the Women of the World Program. They bring together immigrant women who may be feeling lonely in their new communities in a fun, safe and welcoming environment. The groups meet twice a month. See schedule on back for details.



## Our Vision

Building opportunities for healthy and inclusive communities.

## Our Mission

We provide inclusive and equitable health and social services to those who experience barriers to care, and we foster the active participation of individuals and the communities that we serve.

## Our Core Values

At the Health Centre, we commit to: Inclusivity, Innovation, Professionalism, Accountability, Excellence and Advocacy.

## Accessing Services & Systems Navigation

Systems Navigation provides support for both potential and existing Health Centre clients. Call 519-660-0874 to speak with one of our Systems Navigators about becoming a client of the Health Centre, or about how you can get involved with our programs and services.

**You can learn more about our programs and services, or how to become a volunteer, by visiting our website at [www.lihc.on.ca](http://www.lihc.on.ca)**

659 Dundas St.  
London, Ontario N5W 2Z1  
Tel: 519-660-0874  
Fax: 519-642-1532

HOURS: MON 9-5, TUES 9-9  
WED 9-9, THURS 10:30-5, FRI 9-5

Unit 7 – 1355 Huron St.  
London, Ontario N5V 1R9  
Tel: 519-659-6399  
Fax: 519-659-9930

HOURS: MON 9-9, TUES 9-5  
WED 9-5, THURS 10:30-5, FRI 9-5

281 Wellington St.  
London, ON, N6B 2L4  
Phone: 519-645-2348  
Fax: 519-645-6066

HOURS: MON 9-5, TUES 9-5  
WED 9-9, THURS 10:30-5, FRI 9-5



ON THE 4TH THURSDAY OF EVERY  
MONTH WE WILL BE OPEN AT NOON.  
(BOTH LOCATIONS)

[www.lihc.on.ca](http://www.lihc.on.ca)



London  
InterCommunity  
Health Centre

## Support Group Schedule

Group	Date	Time	Location	Language
Afghan	1st & 3rd Wednesdays	6-8 pm	London InterCommunity Health Centre 659 Dundas Street East	Farsi/Dari
African Descent	TBA	TBA	TBA	English
Latin American	TBA	TBA	TBA	Spanish
Middle Eastern	2nd & 4th Thursdays	5-7pm	Westmount Library, 3200 Wonderland Rd. South	Arabic
Multi-Cultural	1st & 3rd Saturdays	10am-12 noon	Sherwood Forest Library, 1225 Wonderland Rd. North	English

**For more information please contact Ola Lawal at  
[olawal@lihc.on.ca](mailto:olawal@lihc.on.ca) or 519-660-0874 ext 251**