

The uncertainty you feel right now is temporary. There is a whole group of people waiting to be your friend.

So, put yourself out there and ask for help when you're lost. We are so lucky to have you here!



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New beginnings can be scary, but it can also be a chance to find yourself again.

We value and appreciate your courage to come to a new country. We are so excited to have you here!



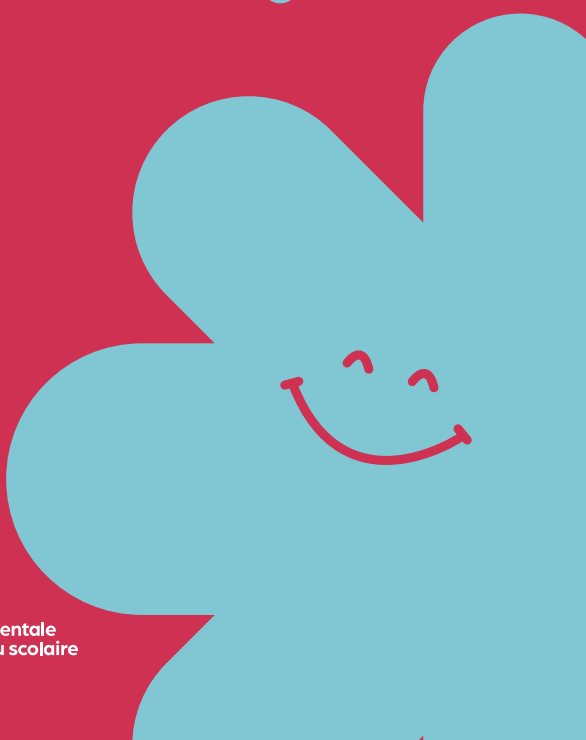
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If you ever feel lonely, know that there is someone feeling the same exact way as you.

Don't pressure yourself to be anyone you are not or fit into a group just to make friends. You will find your way soon enough!



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Welcome aboard to your new life filled with new friends and opportunities! Here in Ontario, we pride ourselves in diversity and are so excited to meet you.

We encourage you to be resilient during the process of adjusting, but know there is a brighter path ahead!



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Hi! Welcome to Ontario. We're so happy to meet you!

Are you excited about your new adventure here? We have a wonderful community with diverse cultures here and I'm sure you will love it!

Fear and hesitation are definitely normal, but don't be afraid that those things will affect your improvement, because that's why we are here to support and assist you in starting your journey in your new school.

Academic life is important, but what is more important is how you feel and what you care about, so reward yourself sometimes and remember that we are always here for you.

We know you've got this!

—Cloris



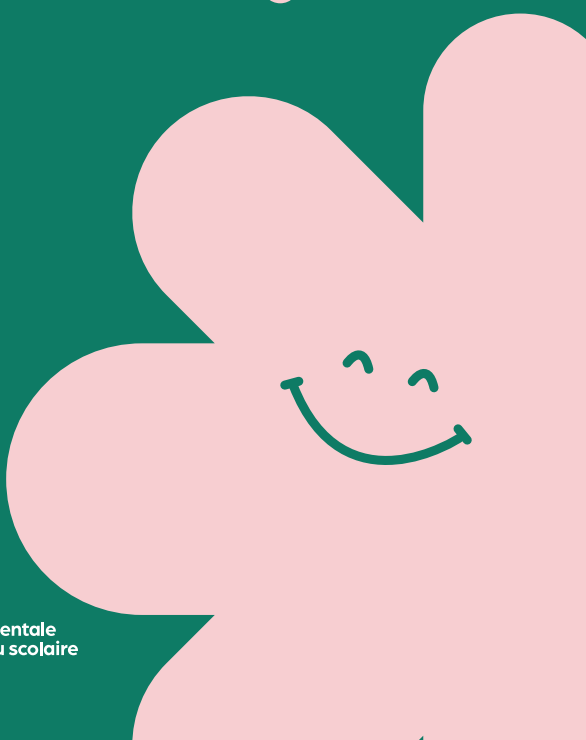
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Welcome to your new school!

Adjusting can be a challenge, but remember, it's okay to ask for help when you need it. Everyone here is hopeful to support you.

Focus on your mental well-being, find joy in new experiences, and know that your presence adds to our community.

You've got this!

—Mariana



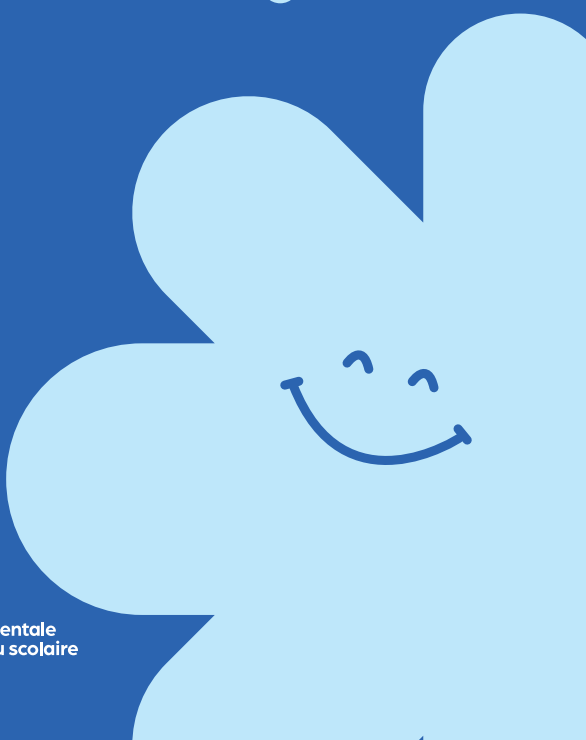
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Hello, and welcome to Ontario!

One of the best things about being here is the incredible cultural diversity you'll experience. Each person you meet has a unique story, just like you, which adds richness to our community.

Take the time to learn about different cultures and share your own. You are part of what makes Ontario full of life!

—Mariana



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Welcome to Ontario!

As you adjust to this new place, remember that your mental health is just as important as academics. Take time to relax and engage in activities that bring you joy, like walking in nature or journaling.

It's perfectly okay to take breaks when needed and find healthy ways to manage stress. Caring for your mental well-being will make this transition smoother and more rewarding.

—Mariana



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Welcome to your new journey in Ontario!

This transition might seem challenging, but it's a chance for you to discover your inner strength and resilience. Each day brings new experiences that will help you grow.

Believe in yourself and your abilities to adapt and succeed. You can do amazing things!

—Mariana



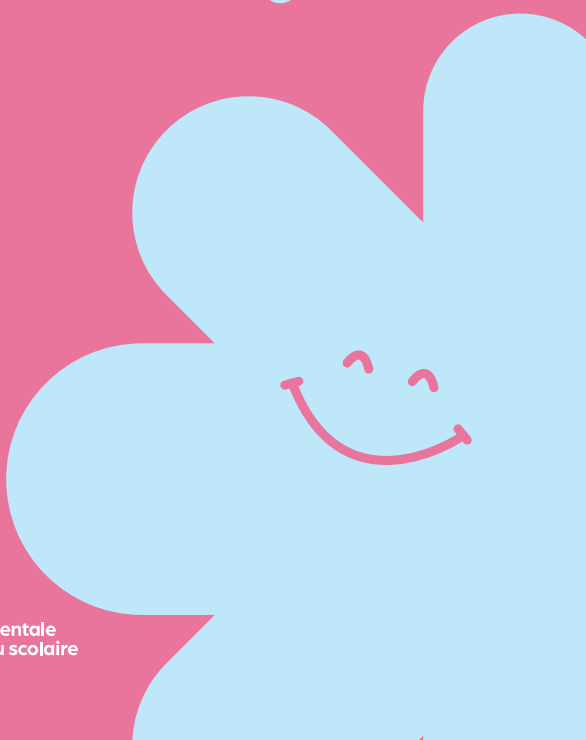
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Welcome to your new school!

Your unique identity is a beautiful addition to our community.

Celebrate who you are and where you come from, and don't be afraid to share your culture with others. Your presence is truly valued here.

Be proud of who you are and the journey that has brought you here!

—Mariana



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Welcome! Life in a new place can be busy, but don't forget to find joy in the little things.

Whether it's a beautiful sunset or a smile from a person on the street, these moments add warmth and happiness to your journey.

Take the time to appreciate them, and you will find that this new environment is full of wonderful surprises.

—Mariana



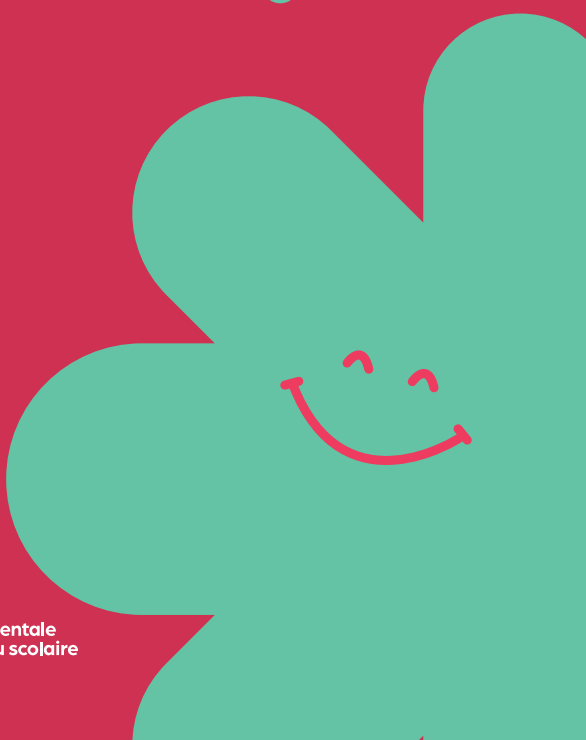
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Just breathe.
There's a reason
you're here.



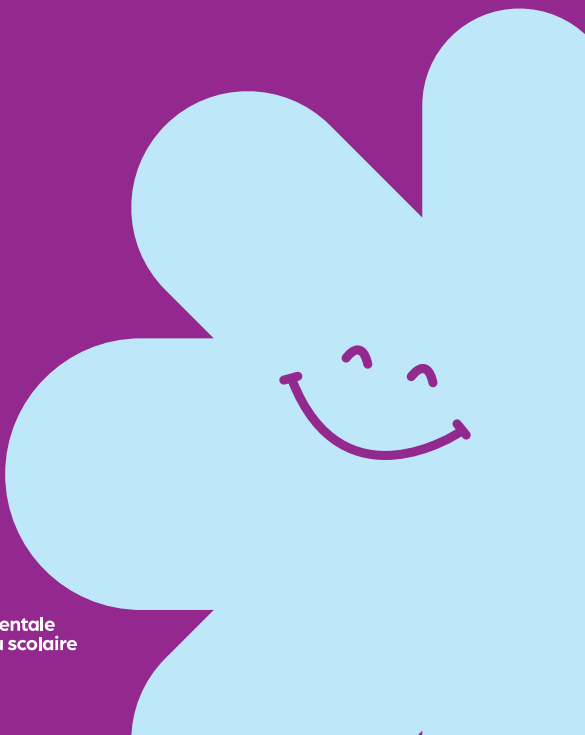
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It's okay to feel
different. There's no
rush to figure it out
all at once.



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You're here to learn new things and teach new things.



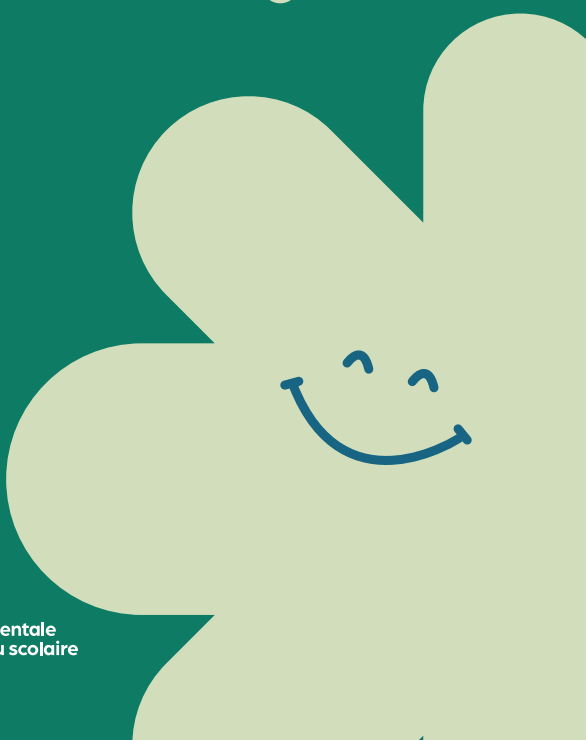
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Don't hesitate to ask questions and seek help.



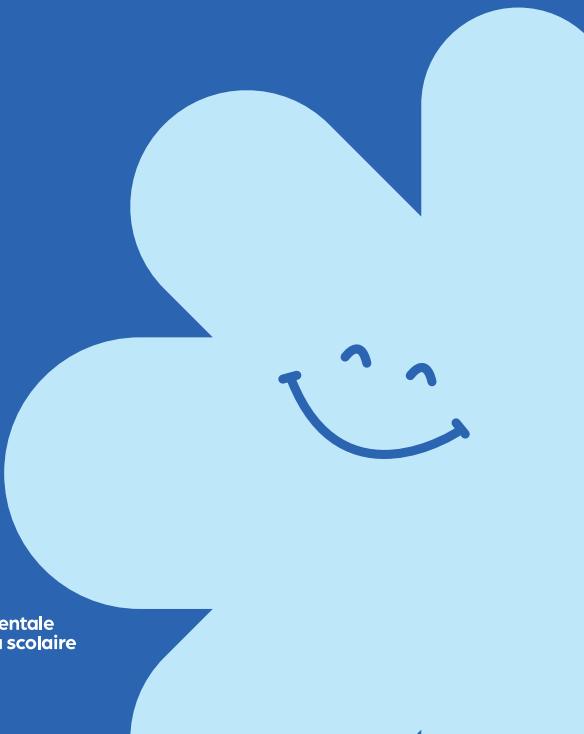
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Be yourself and move ahead with courage.



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Never lose sight of
yourself while running
towards the light at
the end of the tunnel.



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