

CMHA York Region & South Simcoe present

Urdu Family Support Group

This group is mostly facilitated in Urdu & open to any family members or caregivers who are supporting their loved ones in stressful times!

When: The fourth Tuesday of each month

Time: 7 P.M - 8:15 P.M.

Where: Online Meeting (Zoom)

To register, **copy this link into your browser:**

<https://www.cognitofrms.com/CanadianMentalHealthAssociationYorkRegion/ventregistrationurdufamilysupportgroup>



**Canadian Mental
Health Association**
York and South Simcoe
Mental health for all

**If you have any questions, contact:
achohan@cmha-yr.on.ca**

The 5 Welcome Centres in York Region are open to virtually serve you. Find out more:

1-877-761-1155 | www.welcomecentre.ca | info@welcomecentre.ca

