

**CMHA York Region & South Simcoe
presents**

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, click [here](https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/eventregistrationurdufamilysupportgroup)
or copy this link into your browser**

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



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

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