

Therapy & Thrive

Building Resilience & Mental Wellbeing
For Newcomer Families



ABOUT THE WORKSHOPS:

This 6-session group therapy led by a Registered Psychotherapist will teach coping skills for anxiety and stress, how to build resilience, and guide participants in creating a personal mental wellbeing plan through activities and peer support.

WHAT TO EXPECT:

- Learn about anxiety, depression, and stress management.
- Practice coping skills and mindfulness techniques.
- Share experiences and build supportive connections.
- Create a personal mental wellbeing plan for everyday life.

WHO IS ELIGIBLE

- Parents/Caregivers
- Permanent resident
- Convention refugee

WHEN

Every Saturday
Nov 1st to Dec 6th, 2025
10 a.m. to 12 noon

WHERE

Unit 135
3227 Eglinton Avenue E,
Scarborough
M1J 3M5

**To Register,
Email or Call**

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