

TAMIL CAREGIVER WELLNESS SUPPORT GROUP

A safe place to meet and connect with other caregivers, learn coping strategies, resources, education, and receive formal and informal support.



 First Tuesday of every month until December

 629 Markham Road, Unit 2

 2:00pm - 3:30pm

For Tamil caregivers
and seniors

To register, call **416-948-6948** or
email djayapathy@schcontario.ca

 SCARBOROUGH
CENTRE FOR
HEALTHY
COMMUNITIES

TAMIL CAREGIVER WELLNESS HEALTH AND WELLNESS PROGRAM



Programs target the caregivers' physical, mental, social, and intellectual aspects of health. Some examples of what we offer are health education, art therapy, promoting healthy lifestyle change, chronic disease prevention and management, and legal literacy.

 Every Tuesday except first Tuesday of the month

 Virtual (ZOOM)

 2:00pm - 3:00pm

For Tamil caregivers
and seniors

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TAMIL CAREGIVER WELLNESS BREATHWORK, STRETCHES & MINDFULNESS

Join us every Thursday to keep your mind and body healthy by participating in our online relaxation workshop led by a certified Tamil-speaking yoga instructor.



 Hybrid: Zoom + 629 Markham Road on last Thursday of month

 Every Thursday

 10:30 AM - 11:30 AM

For Tamil caregivers,
seniors, families & friends

To register, call **416-948-6948** or email djayapathy@schcontario.ca