

**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](#)  
or copy this link into your browser**

<https://www.cognitoforms.com/CanadianMentalHealthAssociationYorkRegion/eventregistrationurdufamilysupportgroup>

**If you have any questions, please contact Asma: [achohan@cmha-yr.on.ca](mailto:achohan@cmha-yr.on.ca)**



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

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