

Parents Online Workshops

December 2022

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	<p>1</p> <p>Cantonese Chat Room (55+ Parents/Caregivers)</p> <p>2:00pm-3:00pm</p> <p>Join Zoom Meeting: https://bit.ly/3HrMnKq Meeting ID: 851 7085 3865 +14388097799</p> <p><i>No pre-registration required</i></p>	2
5	6	7	8	<p>9</p> <p>What you need to know about Alzheimer (Mandarin)</p> <p>Guest speaker: Loletta Yu</p> <p>7:30pm to 9:00pm</p> <p>Join Zoom Meeting http://bit.ly/3u8x1hW Meeting ID: 863 5985 5028 +14388097799</p> <p><i>No pre-registration required</i></p>
12	13	14	15	<p>16</p> <p>Mind in Motion (Mandarin)</p> <p>Guest speaker : Loletta Yu</p> <p>7:30pm to 9:00pm</p> <p>Join Zoom Meeting</p>

				http://bit.ly/3VhAB5h Meeting ID: 896 2104 0584 +15873281099 <i>No pre-registration required</i>
19	20	21	22	23
			Community Living York South Drop-In (In-person at Community Living York South Markham Location) (Mandarin, Cantonese, and Punjabi, Hindi, Urdu) 6:00pm to 7:00pm Register in advance for this meeting: http://bit.ly/3XJDvBp	
26	27	28	29	30
Stat Holiday	Stat Holiday	South Asian Group (Open to families identifying as South Asian) 7:00pm - 8:00pm Join Zoom Meeting http://bit.ly/3ikbwIm Meeting ID: 840 2104 1784 +17806660144 <i>No pre-registration required</i>		

Workshop Descriptions

Cantonese Chat Room (55+ Parents/Caregivers)

The group provides a platform for 55+ Cantonese-speaking caregivers to build networks and embrace aging.

What you need to know about Alzheimer (Mandarin)

If you would like to learn more about dementia, warning signs and brain health, this workshop is for you!

Mind in Motion (Mandarin)

The guest speaker can provide practical strategies to enhance physical health and cognitive stimulation.

Community Living York South Drop-In (in person)

Provide information on children/adult services and Developmental Services Ontario (DSO), any resources and funding in the community, and more

South Asian Allies (open to Parents/Caregivers)

Open to parents/caregivers that identify as South Asian and allies. You are cordially invited to be part of an inclusive community that brings together individuals from diverse cultures. Join us as we support, empower, share resources and stories with each other. We will have a guest speaker from Developmental Services Ontario to discuss about Housing Services.