

Parent/Caregiver Workshops

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 NEW YEAR'S DAY	2	3
6	7	8	9	10
<p>13</p> <p>In-Person YSSN Service Info Session (Cantonese)</p> <p>12:30pm – 2:30pm</p> <p>Location: NKS Banquet Hall</p> <p>Guest speaker: Kathy Chang (YSSN Dual Diagnosis Case Manager) & Crystie Lau (YSSN Case Manager)</p> <p>Register in advance for this meeting: http://bit.ly/3Dwq16y</p> <p><i>Pre-registration is required</i></p>	14	15	16	<p>17</p> <p>Cognitive Behavioral Therapy Info Session (Mandarin)</p> <p>7:30pm – 9:00pm</p> <p>Speaker: Alan Yim, RSW</p> <p>Join Zoom Meeting https://bit.ly/3BYGCzk Meeting ID: 839 2418 6013 +16475580588</p> <p><i>Pre-registration is not required</i></p>
20	21	22	<p>23</p> <p>CLYS & CHATS: Caregiver Burnout and Support Services</p> <p>6:00pm – 8:00pm</p>	<p>24</p> <p>In-Person CLYS x YSFN: Caregivers Creative Workshop</p> <p>10:30am – 12:30pm</p>

			<p>Speaker: Juanita Butler, CHATS</p> <p>Join Zoom Meeting https://bit.ly/3PktgjX Meeting ID: 823 3629 9972 +16475580588</p> <p><i>Pre-registration is not required</i></p>	<p>Location: CLYS Richmond hill Office</p> <p>Register in advance: https://bit.ly/408Makf</p> <p><i>Pre-registration is required</i></p>
27	28	29	30	31

Workshop Descriptions:

YSSN Service Info Session (Cantonese) (In-Person) **PRE-REGISTRATION REQUIRED**

Join us to learn more about the services from Your Support Services Network such as passport funding, residential option, day program, behavioral consultation, case manager, and respite etc.

Cognitive Behavioral Therapy Info Session (Mandarin)

Join us to learn more about Cognitive Behavioral Therapy to help improve emotion skill.

CLYS & CHATS: Caregiver Burnout and Support Services

This workshop is designed to guide caregivers to creating personalized plans, accessing community resources, and fostering life skills to ensure their loved ones thrive even in their absence. Join us to learn how to empower your loved one to lead a fulfilling, self-sufficient life.

CLYS X YSFN: Caregivers Creative Workshop (In-person) **PRE-REGISTRATION REQUIRED**

Engage in a series of hands-on activities designed to promote mindfulness and well-being. Take a break, express yourself, and connect with others in a supportive and welcoming environment.