

YSSN
YOUR SUPPORT SERVICES NETWORK

Farsi RAMP Up Group 2026

Would you like to have more feelings that are positive on a daily basis? Are you interested in finding more contentment in the way you live your life? Our RAMP Up Group (Recovery and Maintenance Program) is a strengths-based, open group created from the principles of Positive Psychology. The group will primarily be conducted in Farsi.

Group Topics:

- Mindfulness: Living in the Present Moment
- Coping Strategies: Managing Stress and Hardships
- Gratitude and Positive Thinking
- Relationships: Investing in Social Connections
- Self-Care: Taking Care Of the Body and Soul

Register:

Please email Elham Ashtiani at

EAshtiani@yssn.ca

Who Should Attend?

Adults 16+ residing in York Region or South Simcoe

Dates:

- November 10, 17, 24
- December 01, 15

Time:

- 1:30-2:30 p.m.

Location:

Virtual (link provided a day before group)