



Chinese Recovery Group

Join us for the Chinese Recovery Group, a supportive and welcoming space for Mandarin and Cantonese-speaking individuals experiencing mental health challenges. This group provides an opportunity to connect with others, share experiences, and learn practical skills to support mental health and recovery.

Each session includes group sharing and simple activities such as mindfulness practices, relaxation exercises, and coping strategies to help build resilience and enhance overall well-being.

This group is open to current or former clients of mental health case management programs. No prior group experience is required.

This group is offered in partnership with the Canadian Mental Health Association (CMHA).

Details:

This is a virtual group held on the 4th Thursday of each month and runs year-round.

Who Should Attend:

This group is for adults 16+ who speaks Mandarin and/or Cantonese, reside in York Region or South Simcoe, and are experiencing a diagnosable mental health challenge (excluding psychosis and developmental disabilities).

Referral:

Please speak with your case manager to request a referral. Completed referral forms can be emailed to: **MHgroups@yssn.ca**.

Please Note:

This is a closed group offered to individuals active in Case Management with YSSN or CMHA. A referral does not guarantee acceptance.

Interested in learning more?

Contact **Catherine Lo** at **CLO@yssn.ca**.



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



YSSN is a hub for Developmental, Mental Health and Children's Services that helps people navigate services to live their best lives.

YSSN.ca