

**PROGRAMS FOR
TAMIL INDIVIDUALS
CARING FOR AGING RELATIVES,
FRIENDS & ADULT CHILD WITH
DISABILITIES**



HEALTH & WELLNESS PROGRAM

Last 2 Tuesdays of every month 2-4 p.m.
Recreation room, 16th floor, 50 Tuxedo Court Scarborough, ON M1G 3S8

Every Wednesday 2-4 p.m.
Recreation room, 1st floor, 65 Greencrest Circuit Scarborough, ON M1G 3T9

Every Thursday 10-12 p.m.
East Scarborough Storefront, 4040 Lawrence Avenue East, Scarborough ON M1E 2R6

SUPPORT GROUP

Thursday, Sept 12, Oct 10, Nov 14, Dec 12, 2019 2-3:30 p.m.
Frontline Community Services 3031 Markham Road Unit 26&27
Scarborough, ON M1X L19

**PEER SUPPORT GROUP FOR FRIENDS AND FAMILY CARING FOR
THOSE WITH MEMORY LOSS**

2nd Wednesday Monthly. Oct 9, Nov 13, Dec 11, Jan 15, Feb. 12, March 11, 2019
10-12p.m.
The Hub, 2660 Eglinton Avenue East Scarborough, M1K 2S3

All workshops are FREE
For more information, contact: 416-847-4129 or
djayapathy@schcontario.ca