



Canadian Mental
Health Association
Association canadienne
pour la santé mentale


Virtual Care Hub Group—February 2023

After each Virtual Group, please complete the Virtual Care Survey. Thank you. <https://www.surveymonkey.com/r/HKS5WMV>

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
			<p>1</p> <p>9:00am-10:00am: Tamil Open Chat (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>10:00am-11:00am: Welcome to Tamil Chair Yoga (Maithily) Zoom You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>11am-12pm: Cooking Methods (Jennifer/Kerri) Microsoft Teams meeting Join on your computer or mobile app Click here to join the meeting Or call in (audio only) +1 647-749-7008,,184300367# Canada,</p>	<p>2</p>	<p>3</p> <p>9:00am-10:00am: Tamil Open Chat (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>10:00am-11:00am: Welcome to Tamil Chair Yoga (Maithily) Zoom You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>11:00am-12:00pm: Tamil Guest Speaker (Maithily) Zoom. You will need to join with a computer(Google Zoom) or cell phone as</p>	<p>4</p>

			<p>Toronto Phone Conference ID: 184 300 367#</p> <p>11:00am-12:00pm: Tamil Guest Speaker (Maithily) Zoom. You will need to join with a computer(Google Zoom) or cell phone as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>12:00pm-1:00pm: Tamil Discussion Group (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p>		<p>you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p> <p>12:00pm-1:00pm: Tamil Discussion Group (Maithily) Zoom. You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. Zoom ID: 979 762 7167 Passcode:2580</p>	
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