



# Virtual Care Hub Group—March 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><b>1</b>  <b>9:00am-10:00am: Tamil Open Chat</b> (Maithily)  <b>Zoom.</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.  <b>Zoom ID:</b>            979 762 7167  <b>Passcode:</b>2580</p> <p><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.  <b>Zoom ID:</b> 979 762 7167  <b>Passcode:</b>2580</p> <p><b>11am-12pm: Why Consistency is Key</b> (Jennifer/Kerri)  <b>Microsoft Teams meeting</b>  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>            +1 647-749-</p>	<p><b>2</b>  <b>10:00am-11:00am: Mind, Body, Yoga</b>  <b>Join Zoom Meeting</b>  <a href="https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZkKdz09">https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZkKdz09</a>  <b>Meeting ID:</b> 625 3793 7683  <b>Passcode:</b> 236769  <b>One tap mobile</b>            +16132093054,,62537937683            # Canada            +16473744685,,62537937683            # Canada</p>	<p><b>3</b>  <b>9:00am-10:00am: Tamil Open Chat</b> (Maithily) <b>Zoom.</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.  <b>Zoom ID:</b>            979 762 7167  <b>Passcode:</b>2580</p> <p><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera.  <b>Zoom ID:</b> 979 762 7167  <b>Passcode:</b>2580</p> <p><b>11:00am-12:00pm: Tamil Guest Speaker</b> (Maithily) <b>Zoom.</b> You will need to join with a computer(Google Zoom) or cell phone as</p>	<p><b>4</b></p>

			<p><a href="tel:708184300367">708,,184300367#</a> Canada, Toronto Phone Conference ID: 184 300 367#</p> <p><b>11am-12pm: CMHA MOD Youth Group (Aged 16-34 years old)</b> Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting&lt;<a href="https://teams.microsoft.com/l/meetup-join/19%3ameeting_OWUyMGlzZWEtODIwNi00NzJKLWE4MTItMmEyNDc3MTQyZGFj%40thread.v2/0?content=%7b%22Tid%22%3a%2239b3b7c4-3212-430f-99a4-22683e501aca%22%2c%22Oid%22%3a%220fd46ea9-6145-4287-9acc-67a6c95fe91b%22%7d">https://teams.microsoft.com/l/meetup-join/19%3ameeting_OWUyMGlzZWEtODIwNi00NzJKLWE4MTItMmEyNDc3MTQyZGFj%40thread.v2/0?content=%7b%22Tid%22%3a%2239b3b7c4-3212-430f-99a4-22683e501aca%22%2c%22Oid%22%3a%220fd46ea9-6145-4287-9acc-67a6c95fe91b%22%7d</a>&gt; Meeting ID: 226 318 914 077 Passcode: wjh6KZ</p> <p>Or call in (audio only) +1 647-749-7008,,174414244#&lt;<a href="tel:+16477497008,174414244#">tel:+16477497008,,174414244#</a>&gt; Canada, Toronto Phone Conference ID: 174 414 244#</p> <p><b>11:00am-12:00pm: Tamil Guest Speaker</b> (Maithily) <b>Zoom.</b> You will need to join</p>		<p>you need to have a camera. <a href="https://zoom.us/j/9797627167">Zoom ID: 979 762 7167</a> <a href="https://zoom.us/j/9797627167">Passcode:2580</a></p> <p><b>12:00pm-1:00pm: Tamil Discussion Group</b> (Maithily) <b>Zoom.</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a camera. <a href="https://zoom.us/j/9797627167">Zoom ID: 979 762 7167</a> <a href="https://zoom.us/j/9797627167">Passcode:2580</a></p>	
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Passcode: wjh6KZ  
  
Or call in (audio only)  
+1 647-749-  
7008,,174414244#<[tel:+16477497008,,174414244#](tel:+16477497008,174414244#)>  
Canada, Toronto  
Phone Conference ID: 174  
414 244#

**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](#)

**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](#)

12	<p><b>13</b>  <b>9:00am-10:00am: Tamil Open Chat</b> (Maithily)  <b>Zoom.</b> 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><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> 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><b>11:00am-12:00pm: Tamil Guest Speaker</b> (Maithily)  <b>Zoom.</b> 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</p>	14	<p><b>15</b>  <b>9:00am-10:00am: Tamil Open Chat</b> (Maithily)  <b>Zoom.</b> 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><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> 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><b>11am-12pm: Dealing with Our Emotions</b>  <b>Microsoft Teams meeting</b>  <b>Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>  +1 647-749-7008,,184300367# Canada,</p>	<p><b>16</b>  <b>10:00am-11:00am: Mind, Body, Yoga</b>  <b>Join Zoom Meeting</b>  <a href="https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZKdz09">https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZKdz09</a></p> <p>Meeting ID: 625 3793 7683  Passcode: 236769  One tap mobile  +16132093054,,62537937683  # Canada  +16473744685,,62537937683  # Canada</p>	<p>17</p>  <p><b>9:00am-10:00am: Tamil Open Chat</b> (Maithily) <b>Zoom.</b> 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><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> 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><b>11:00am-12:00pm:</b></p>	18

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26	27 9:00am-10:00am: Tamil	28	29 9:00am-10:00am: Tamil	30 10:00am-11:00am: Mind,	31	

<p><b>Open Chat</b> (Maithily)  <b>Zoom.</b> 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><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> 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><b>11:00am-12:00pm: Tamil Guest Speaker</b> (Maithily)  <b>Zoom.</b> 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><b>12:00pm-1:00pm: Tamil Discussion Group</b> (Maithily)  <b>Zoom.</b> You will need to join with a computer (Google Zoom) or cell phone (download Zoom app) as you need to have a</p>		<p><b>Open Chat</b> (Maithily)  <b>Zoom.</b> 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><b>10:00am-11:00am: Welcome to Tamil Chair Yoga</b> (Maithily)  <b>Zoom</b> 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><b>11am12pm: Is “No” a Bad Word?</b> (Jennifer/Kerri)  <b>Microsoft Teams meeting Join on your computer or mobile app</b>  <a href="#">Click here to join the meeting</a>  <b>Or call in (audio only)</b>  +1 647-749-7008,,184300367# Canada, Toronto  Phone Conference ID: 184 300 367#</p> <p><b>11am-12pm: CMHA MOD Youth Group (Aged 16-34 years old)</b>  Microsoft Teams meeting  Join on your computer, mobile app or room device</p>	<p><b>Body, Yoga</b>  <b>Join Zoom Meeting</b>  <a href="https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZkKdz09">https://ca01web.zoom.us/j/62537937683?pwd=Tm1uVW10WldwTDcybnl1UXVNaZkKdz09</a></p> <p>Meeting ID: 625 3793 7683  Passcode: 236769  One tap mobile  +16132093054,,62537937683  # Canada  +16473744685,,62537937683  # Canada</p>	
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Zoom ID: 979 762 7167  
Passcode:2580

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Meeting ID: 226 318 914 077  
Passcode: wjh6KZ

Or call in (audio only)  
+1 647-749-7008,,174414244#<<tel:+16477497008,,174414244#>>  
Canada, Toronto  
Phone Conference ID: 174 414 244#

**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.  
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**12:00pm-1:00pm: Tamil Discussion Group** (Maithily)  
**Zoom.** You will need to join

			<p>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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