

WELLNESS SERVICES

Are you a newcomer to Canada? Are you settling into a new country and adjusting to a new life? This can be an experience with mixed emotions, where you may feel excitement, nervousness, loneliness, and sadness. These are normal emotions as you adjust to your new home.

"The Wellness Oasis" is where you will have a chance to rest, re-energize, and improve overall well-being.

Available Services:

EDUCATIONAL AND DEVELOPMENTAL **WORKSHOPS:**

Focusing on self-care, family relationship, and mutual support in various creative approach.

INDIVIDUAL **COUNSELLING:**

Short-term counselling support for individuals with emotional distress and concerns.

Location of Services:

TCCSA York Centre

Metro Square 3636 Steeles Avenue East, Unit 213A Markham, Ontario, L3R 1K9 Telephone: (905) 948-1671 Fax: (905) 948-9997 Email: info@tccsa.org

TCCSA Scarborough Centre

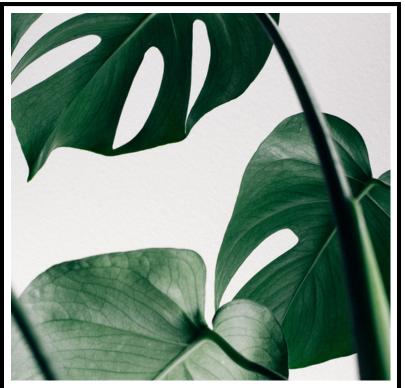
325 Bamburgh Circle, Unit A107 Toronto, Ontario, M1W 3Y1 Telephone: (416) 502-9500 Fax: (416) 502-2900

TCCSA Toronto Centre

302 Spadina Avenue, Unit 206 Toronto, Ontario, M5T 2E7 Telephone: (416) 977-4026 Fax: (416) 351-0510

TCCSA Peel Centre

720 Burnhamthorpe Road West, Unit 2 Mississauga, Ontario, L5C 3G1 Telephone: (905) 615-9500 Fax: (905) 615-0622



CONTACT US

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Accessibility:

- Hybrid options available
- Chinese and Tagalog counselling sessions available
- Wheelchair accessible offices

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