



# 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](mailto: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**

Karis Fung  
(437)-329-1285  
[kfung@tccsa.org](mailto:kfung@tccsa.org)

Rizette Catarroja  
(437)-329-1252  
[rcatarroja@tccsa.org](mailto:rcatarroja@tccsa.org)

### *Accessibility:*

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

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