

# Let's Learn Together

## Monthly group for Tamil speaking women

In this group, women can share their life experiences after COVID-19 and how they coped with challenges, and learn from each other.

In each session, the group facilitator reviews new resources to enhance the knowledge about mental health, coping strategies, safe relationships, and other topics.

### Dates:

**Oct. 17, 2023 - Mar. 19, 2024**

Every 3rd Tuesday of the month

### Time:

**10:30 a.m. - 12:00 p.m.**

### Location:

**The Hub, 1527 Victoria Park Ave.  
Scarborough.**

## Registration

Please call and leave your name and number at:

**416.586.9780 x 525**



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