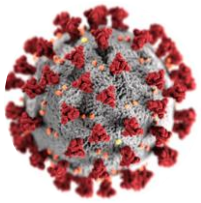

LET'S STAND STRONG IN COVID TIME

Information update daily shows that the rate of COVID-19 infection is very serious
While waiting for the vaccines to be available to protect your physical health

You are invited to attend online webinars over ZOOM on

HOW TO PROTECT YOUR MENTAL HEALTH

From 2:00 pm to 3:30 pm on Fridays:

1. **Covid-19 - Wellness or Distress?** Focusing on 7 dimensions of wellness. Dec. 4, 2020.
2. **How to help someone being abused in Covid time?** Power control wheel – Signs of abuse – How to support victims. Dec. 18, 2020.
3. **Leading a positive life in Covid time**. Effective tips to train your mind to be happy. Jan. 8, 2021.
4. **Rebounce, Recharge, Refresh in Covid time**. Creative ways of self-care. Jan. 22, 2021.
5. **Communicate or Argue?** Becoming an engaged listener. Feb. 12, 2021.
6. **Isolated but not lonely in Covid time.** Helping seniors to feel whole no matter what. Feb. 26, 2021.
7. **Street Safety, Home Safety.** Safety measures at home and on the street for seniors. Mar. 12, 2021.

For more information or registration, please call 416-536-3611 or email Tiffany "tiffany@vatoronto.ca"

zoom

If this is the first time you use Zoom platform and need help, please let us know when register. We will provide assistance.

The Vietnamese Association, Toronto (VAT) provides settlement & adaptation services to immigrants, preserves cultural heritages & promotes harmony among ethno-cultural communities. Please contact VAT@vatoronto.ca or:

- Toronto office: 1364 Dundas St. West, Toronto, ON M6J 1Y2 - Tel: 416-536-3611
- North York office: 3585 Keele St., Unit 13, North York, ON M3J 3H5 - Tel: 416-636-8887
- Scarborough office: 11A Glen Watford Dr., Unit 220, Scarborough, ON M1S 2B8 - Tel: 647-207-1790

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