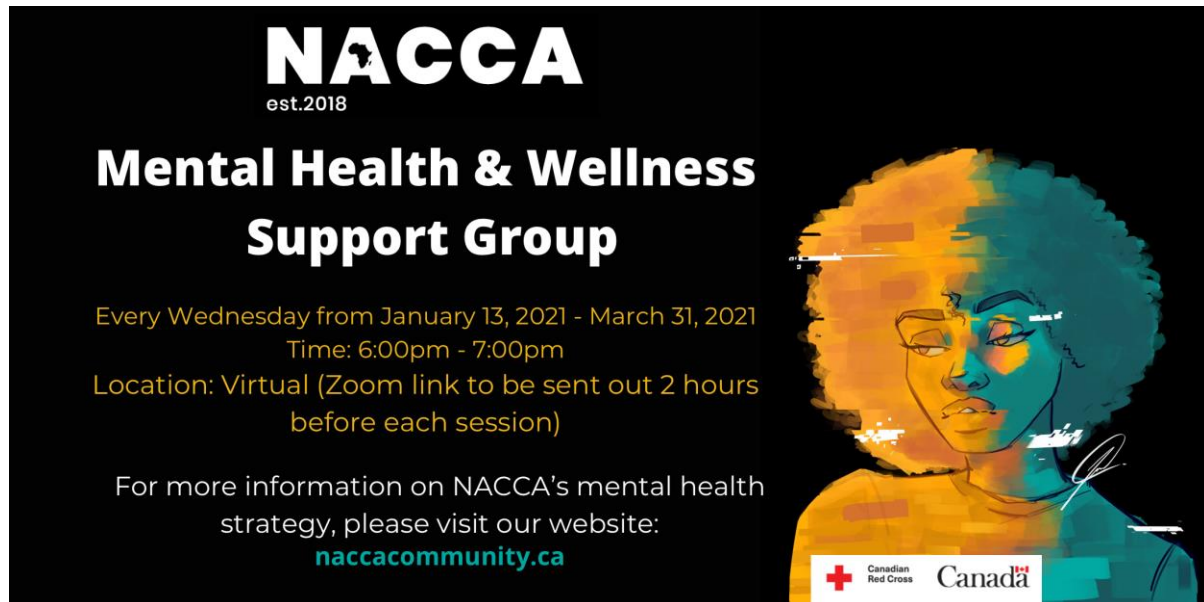


Funded by the Canadian Red Cross, NACCA is pleased to offer a range of support services for Black residents in York Region experiencing disrupted mental health and wellness arising from or heightened by the impacts of Covid-19.

We will provide weekly culturally relevant support group sessions, ongoing subsidized individual counselling and monthly workshops for youth, parents and caregivers in York Region's Black communities.

The first Support Group Session is on January 13, 2021. Please share with your community.



The poster features the NACCA logo (est. 2018) at the top left. The main title is "Mental Health & Wellness Support Group". Below this, it states the schedule: "Every Wednesday from January 13, 2021 - March 31, 2021" and "Time: 6:00pm - 7:00pm". The location is "Virtual (Zoom link to be sent out 2 hours before each session)". A call to action says "For more information on NACCA's mental health strategy, please visit our website: naccacommunity.ca". On the right side, there is a stylized illustration of a Black woman with an afro, wearing glasses, with a signature over her face. At the bottom right, there are logos for the Canadian Red Cross and Canada.

Available for Black residents in York Region experiencing disrupted mental health and wellness arising from or heightened by the impacts of Covid-19.

Dates: Every Wednesday [from January 13, 2021 - March 31, 2021](#)

Time: [6:00pm - 7:00pm](#)

The first session on January 13th will be led by Shane Joseph, Social Worker & Psychotherapist BSW, MSW, RSW, MBA, CCRS

Topic: Establishing Healthy Relationships

Location: Virtual (Zoom link to be sent out 2 hours before each session)

Register for Support Group Sessions

<https://naccamentalhealth.eventbrite.com>

Consultation booking and financial assistance form for individual counselling:

<https://forms.gle/QcJGtDqmMedzPGLY9>

For more information on NACCA's mental health strategy visit:

<https://www.naccacommunity.ca/mental-health.html>