



Canadian Mental
Health Association
Vancouver-Fraser
Mental health for all



Mental Wellbeing
for Chinese Seniors
Programs for Health and Happiness



與華人長者同行
協力推動身心健康
快樂與健康的活動計劃



Chinese Mental Health Promotion Program

Purpose:

The Chinese Mental Health Promotion program offers culturally relevant recreational programming and support groups for Cantonese and Mandarin-speaking people. The program helps participants build skills to maintain and improve their mental health, reduce loneliness and isolation and gain peer support while dealing with stress or distress.

In addition to mental health promotion activities, the program includes a variety of volunteer opportunities for program participants, which strengthens their connection to community while building on skill sets.

Program Overview:

Many of the programs occur on a biweekly or monthly basis, and some events happen once or twice a year. During the pandemic. Most activities are conducted online.

Our activities are divided into three categories:

1. Cantonese Emotional Health Support Groups
Held online from 7:00 to 8:30 pm on the last Wednesday of each month

With the assistance of persons with professional knowledge, this confidential and interactive learning group is organized through a variety of lecture activities on health promotion topics chosen or suggested by the participants. Encourage group members to promote physical and mental health, personal self-awareness, self-acceptance and growth by caring for each other and learning ways to manage emotions, relieve stress and deal with interpersonal problems.

2. Happy Seniors Health Promotion Activities

➤ Happy Senior Talent Expo WhatsApp Group

It is a platform for participants to share their talents. The creation of personal interests is mainly to bring out positive energy and motivate each other. Works include singing, dancing, drama, painting, poetry, article writing, calligraphy, gardening, handicrafts, fitness, recitation, cooking, photography, etc.

➤ Health Promotion BaDuanJin Exercise Class

➤ Broadcasting / Drama Group






➤ Dance for Fitness Class

➤ Painting Class

➤ Singing Class

3. Special Events

Year of 2022

-  Happy Seniors - Chinese New Year
-  Seasonal celebration event
Year of 2021
-  Happy Seniors Chinese New Year
-  Singing in the Sunshine event
-  Mid-Autumn Festival Celebration

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