



COUNCIL OF
AGENCIES SERVING
SOUTH ASIANS

Community- Leader, with a Go-Getter Mindset!

Informative Session (Mental Health)



January 27, 2025



10:00 am - 12:00 pm



Zoom



Agenda

10:00 am- 11:00 am: Mental Health
& Wellbeing , An Asian Perspective
(Sandeep Marwaha)

11:00am - 12:00pm: Mental Health
Awareness Session for International
Students (Tanzina Tahereen)

REGISTER NOW

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Special Guests



Sandeep Marwaha

Registered Occupational Therapist,
Psychotherapist and Adjunct Lecturer
- University of Toronto

Sandeep Marwaha (she/her) is a Registered Occupational Therapist, Psychotherapist and Adjunct Lecturer at the University of Toronto. She grew up in Scarborough, is a daughter of Punjabi Sikh immigrants and a parent to two girls, aged 7 and 9. She has over 17 years' experience as a clinician, leader, and educator in mental health and acute medicine settings in the Greater Toronto Area. Currently, she works in private practice, providing individual psychotherapy, clinical supervision, and consultation where her mission is to support immigrant and racially marginalized communities heal and thrive.



Tanzina Tahereen

Post Doctoral Researcher - Council of
Agencies Serving South Asians
(CASSA)

Tanzina is a Post Doctoral Researcher (part-time) at CASSA. She is currently leading a project on the experiences of South Asian International Students in Ontarian Post Secondary Institutions, supervised by Dr. Elizabeth Buckner, University of Toronto, which is jointly funded by CASSA and Mitacs. Tanzina is currently the Associate Director of Faculty Curriculum at the Office of the Dean, Liberal Arts and Professional Studies at York University. In this role, she oversees and engages in the overall curriculum development process in undergraduate and graduate level in the Faculty.