

netWORKS



Mentor-Led Event

A Resilience Chat with Nathaniel Chae: Mental Health Starts at Home

Mental Health Case Worker | Advocate | Social Worker

Join Nathaniel, Mental Health Case Worker and Mentor passionate about helping youths succeed in life. In this interactive session, Nathaniel will discuss the importance of diet, exercise, and sleep for your mental health. A healthy mindset will lead you to a healthy lifestyle.

This session is for youths to understand better that your mental health starts at home to succeed in school, work, or life. Nathaniel will also provide tips and resources on having a positive mindset when encountering life obstacles.

**JOB SEEKERS
BETWEEN 18-29 YEARS
OLD ARE INVITED TO
JOIN OUR VIRTUAL
SERIES FOR THE
OPPORTUNITY TO MEET
AND RECEIVE
GUIDANCE FROM
PROFESSIONALS**

**DATE: THURSDAY,
20TH OCTOBER 2022**

TIME: 1:00 – 2:00 PM

LOCATION: ZOOM

**INVITATION WITH
ZOOM LINK WILL BE
PROVIDED ONCE
REGISTERED**

**ORIENTATION &
REGISTRATION ARE
REQUIRED**

**PLEASE CONTACT MEERA
FOR MORE INFORMATION:
416-996-0313
MVIJAYAKUMARAN@TNO-
TORONTO.ORG**

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Nathaniel Chae

Mental Health Case Worker | Advocate | Social Worker

- **Hometown:** Flemingdon, Ontario
- **Education:**
 - Bachelor's Degree in Social Work - Ryerson University
 - Masters of Divinity - University of Toronto
- **Other Work Experience:** Pastor, Child and Youth Worker, Workshop Facilitator

MENTOR'S BIO

Nathaniel is a mental health case worker at TNO-The Neighbourhood Organization and is a Registered Social Worker with a Masters of Divinity from the University of Toronto and a Bachelor of Social Work from Ryerson University. Nathaniel currently runs "Finding Peace," an 8-session educational and support group for people who struggle with anxiety symptoms.

As a Mental Health Case Worker, Nathaniel connects people to the resources they are looking for, advocates and empowers those looking for support; and is a pioneer in the formation of "Resilient Minds", a new mental health program in TNO.

Nathaniel is also an Assistant Pastor for a small Korean church where he preaches to the English congregation from 18-45 years old. Nathaniel is passionate about helping young people succeed with their dreams and pursuits in life.