

(RE)CLAIM & CONNECT

Program Information



(Re)Claim and Connect is a counselling group for people of Asian heritage in Canada who want to explore and reflect about their racial identity. The goal of the group is to foster belonging by exploring Asian Canadian experiences through intentional and guided storytelling.



In the group you will develop and share stories designed to explore your Asian Canadian identity in a guided manner. These stories will connect to experiences related to place, race, self, and family and include the following themes:

1. Where are you really from
2. My experience of racial wounds
3. Am I "good enough"?
4. My family expectations



Each theme will have reflective questions to help guide your story development. During the program, you will then share your story and witness stories from others. These groups are structured and facilitated by individuals trained to run these programs and will have 3 to 4 other participants.