



Kashmir Besla, Registered Clinical Counsellor

Kashmir K. Besla is a Registered Clinical Counsellor with nearly thirty years of work experience. She runs a successful private practice in Surrey BC. Kashmir works in a diverse range of areas from mental health, relationship, and trauma issues. Prior to establishing her private practice, Kashmir worked at several not-for-profit agencies which shaped her work and allowed her to be in her current position. She has worked at The BC Schizophrenia Society, The Surrey Women's Centre, and The Children's Foundation. One of her first positions in the helping field was at Archway Community Service formerly known as Abbotsford Community Services in 1992.

Kashmir feels humbled and honored to be a part of the iCON South Asian Forum. Mental health is at the core of her practice and she understands that physical health and emotional health are connected. She loves working with individuals and families. She enjoys her work and is honored to work with people in a meaningful way that explores their emotions and behaviors and assists in making positive changes.

Session: Reducing stress and focusing on mental wellness

Objectives:

1. Is there a link between stress and heart disease?
2. Tips for managing your stress to improve your heart health.
3. How to cope with feeling anxious or worried about your heart health.
4. Emotional support resources for patients and caregivers.

Date: Saturday, March 9, 2024