

# Vera Cheng

*Registered Social Worker, Psychotherapist, Public Speaker*

## Vera Cheng's Biography

Vera Cheng is a registered social worker, psychotherapist, seasoned speaker, and the founder of Talk Therapy with Vera. She has over 15 years of clinical experience and previously worked in medical and community settings.

Vera is the leading expert in mental health and anti-Asian racism, featured in renowned media outlets such as CBC NEWS, CP24 and CTV NEWS. Vera passionately spreads the message of the benefits of therapy and how admirable and courageous it is to start the process.

As a Chinese-Canadian immigrant, she has honed her practice beyond therapy sessions into community engagement, advocacy and fighting against Asian hate.

Vera partnered with the Canadian Mental Health Association and was featured in a provincial mental health campaign, called Ontario Structured Psychotherapy Program.

She is passionate about mental health awareness, primarily through anxiety, which she has struggled with. Sharing her journey helps reduce mental health stigma in the hopes of assisting others overcome their struggles too.



## Signature Workshops

- **Emotional Resilience for Professionals:** Participants will learn the skills needed to cope with stressful or difficult situations.
- **Psychological Health & Safety in the Workplace:** Participants will gain practical strategies to build trust, navigate challenging conversations, address conflicts, and foster open communication to cultivate a supportive work culture within your organization.
- **Anti-Asian Racism:** This workshop will help participants understand and unpack the impacts on the Asian community from the perspective of victims, recognize how our biases can impact others and how to be an ally to promote change.
- **Wellness and Self Care:** In this interactive workshop, participants will learn to:
  - a. **Define the importance of self-care practice**
  - b. **Identify your self-care needs**
  - c. **Develop a self-care plan that you can use daily to enhance your well-being and promote positive change in your life**