



WELLNESS SERIES WORKSHOP

Topics:

Key Principles to Personal Wellness

The basics of health and wellness

Oct 15

Importance of Self-Care

Learn strategies to take charge
of your health and well-being

Oct 22

Anxiety Management

3 key strategies to manage
anxiety and stress

Oct 29

Self-Compassion

Build self-esteem through
self-compassion

Nov 5

Building a foundation in practicing self-care helps to maintain a healthy relationship with yourself and others. This workshop series introduces a combination of practical tools and information and provides an opportunity to create a short personal self-care plan.

FREE!

Where: Zoom

**When: Thursdays,
1 pm to 2:30 pm
4 weeks**

**October 15 to
November 5, 2020**



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all

Contact Sandra at
snolanboshell@cmhahrb.ca
or 905-691-3855 to register.