



Topics:

Understanding Your Anxiety Oct 4

There are lots of myths out there. Learn the facts about anxiety and how we are all unique.

Foundations of Wellness Oct 11

Learn the importance of Sleep, Nutrition, Physical Activity and Mindfulness.

A Personal Toolkit for Stressors Oct 18

Explore what is working and what is not working for YOU.

Connection between self-talk and anxiety Oct 25

Notice your inner and outer dialogue to reduce anxiety.

Stress and Anxiety Closed Workshop

Anxiety has the power to stop us in our tracks. Stress is not what happens to us - it is our **RESPONSE** to what happens to us.

This workshop explores a combination of practices that support us with daily stressors and anxiety.

**Where: CMHA, Halton
1540 Cornwall Road #102
Oakville**

**When: Tuesdays from
2:00 -3:30pm**

Oct 4th – Oct 25th, 2022



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

PEERMENTORS@CMHAHRB.CA

Please include a phone # where you
can be reached to complete the
registration.