



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

Wellness Workshop Series



Building a foundation in practicing self-care helps to maintain a healthy relationship with yourself and others.

This workshop series introduces a combination of information, practical tools, and an opportunity to create a short personal self-care plan.

Topics:

Key Principles to Personal Wellness

The basics of health and wellness

Jun 4

Importance of Self-Care

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

Jun 11

Anxiety Management

3 key strategies to manage anxiety and stress

Jun 18

Self-Compassion

Build self-esteem through self-compassion

Jun 25

Where: Virtual Zoom

**When: Thur. Jun 4, 11,
18, 25**

Time: 1:00-2:30 pm

**Please contact Lynn if
interested:**

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