



**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 practical tools, information and opportunity to create a short personal self-care plan.

### Topics:

#### **Key Principles to Personal Wellness**

The basics of health and wellness

**Sept 10**

#### **Importance of Self-Care**

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

**Sept 17**

#### **Anxiety Management**

3 key strategies to manage anxiety and stress

**Sept 24**

#### **Self-Compassion**

Build self-esteem through self-compassion

**Oct 1**

**Where:** Zoom

**When:** Thursdays

Sept 10,17,24

Oct 1

**Time:** 1:00-2:30 pm

**Please contact Lynn if  
interested:**

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**289-834-3258**