



Topics:

Understanding Your Anxiety

Nov 23

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

Foundations of Wellness

Nov 30

Learn the importance of sleep, nutrition, and physical activity.

The Power of Mindfulness and Meditation

Dec 7

Stay in the present moment without judgement.

A Personal Toolkit for Stressors

Dec 14

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

Connection between self-talk and anxiety

Dec 21

Notice your inner and outer dialogue to reduce anxiety.

Effectively Managing Anxiety 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 introduces a combination of effective strategies to manage anxiety and challenge thinking that may be contributing to it.

FREE!

Where: Zoom

When:

**Monday evenings
6 pm to 7:30 pm**

**5 Week Workshop
November 23 to
December 21, 2020**



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

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