



WELLNESS SERIES WORKSHOP

Topics:

Key Principles to Personal Wellness

The basics of health and wellness

Nov 26

Importance of Self-Care

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

Dec 3

Anxiety Management

3 key strategies to manage
anxiety and stress

Dec 10

Self-Compassion

Build self-esteem through
self-compassion

Dec 17

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 Week Workshop
November 26 to
December 17, 2020**



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

Contact Lynn at
lgallagher@cmhahrb.ca or
289-834-3258 to register.