



Topics:

Understanding Your Anxiety

Jan 11

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

Foundations of Wellness

Jan 18

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

The Power of Mindfulness and Meditation

Jan 25

Stay in the present moment without judgement.

A Personal Toolkit for Stressors

Feb 1

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

Connection between self-talk and anxiety

Feb 8

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
January 11 to
February 8, 2021**

To Register Contact
peermentors@cmhahrb.ca
**Please include a phone #
where you can be reached.**



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