



Topics:

Understanding Your Anxiety

Jan 13

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

Foundations of Wellness

Jan 20

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

The Power of Mindfulness and Meditation

Jan 27

Stay in the present moment without judgement.

A Personal Toolkit for Stressors

Feb 3

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

Connection between self-talk and anxiety

Feb 10

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:

**Wednesdays,
2 pm to 3:30 pm**

**5 Week Workshop
January 13 to
February 10, 2021**



Canadian Mental Health Association
Halton Region Branch
Mental health for all

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