



# WELLNESS SERIES WORKSHOP

## Topics:

### Key Principles to Personal Wellness

The basics of health and wellness

Jan 14

### Importance of Self-Care

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

Jan 21

### Anxiety Management

3 key strategies to manage  
anxiety and stress

Jan 28

### Self-Compassion

Build self-esteem through  
self-compassion

Feb 4

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 provides an opportunity to create a short personal self-care plan.

**FREE!**

**Where: Zoom**

**When: Thursdays,  
10:00 - 11:30 AM**

**4 Week Workshop  
Jan 14 to Feb 4,  
2021**



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

**TO REGISTER CONTACT**  
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Please include a phone # where you  
can be reached.