



Topics:

Understanding Your Anxiety

Apr 15

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

Foundations of Wellness

Apr 22

Learn the importance of Sleep, Nutrition, Physical Activity and Mindfulness.

A Personal Toolkit for Stressors

Apr 29

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

Connection between self-talk and anxiety

May 6

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:

**Thursday afternoons
2 pm – 3:30 pm**

**4 Week Workshop
April 15 to
May 6, 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