



WELLNESS SERIES WORKSHOP

Topics:

Key Principles to Personal Wellness

The basics of health and wellness

May 31

Importance of Self-Care

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

June 7

Anxiety Management

3 key strategies to manage
anxiety and stress

June 14

Self-Compassion

Build self-esteem through
self-compassion

June 21

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: Mondays,
6:00-7:30 PM**

4 Week Workshop

May 31 – June 21, 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.