



WELLNESS SERIES WORKSHOP

Key Principles to Personal Wellness

The basics of health and wellness

Sept 13

Importance of Self-Care

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

Sept 20

Anxiety Management

3 key strategies to manage anxiety and stress

Sept 27

Self-Compassion

Build self-esteem through self-compassion

Oct 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.

Where: Free over Zoom

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

4 Week Workshop

Sept 13 to Oct 4, 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.