



# WELLNESS SERIES WORKSHOP

## Key Principles to Personal Wellness

March 28<sup>th</sup>

The basics of health and wellness

## Importance of Self-Care

April 4<sup>th</sup>

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

## Anxiety Management

April 11<sup>th</sup>

3 key strategies to manage  
anxiety and stress

## Self-Compassion

April 25<sup>th</sup>

Build self-esteem through  
self-compassion

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: Monday's  
6:00pm-7:30pm

4 Week Workshop

March 28<sup>th</sup> – April 25<sup>th</sup>, 2022

*Please note, there is no  
workshop on April 18<sup>th</sup> for Easter  
Monday*



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

**TO REGISTER CONTACT**  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

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