



WELLNESS SERIES WORKSHOP

Key Principles to Personal Wellness **June 7th**

The basics of health and wellness

Importance of Self-Care **June 14th**

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

Anxiety Management **June 21st**

3 key strategies to manage anxiety and stress

Self-Compassion **June 28th**

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.



**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.**

Where: Free via Zoom

**When: Tuesday's from
2:00pm-3:30pm**

**4 Week Workshop: June
7th - June 28th, 2022**