



WELLNESS SERIES WORKSHOP

Building a foundation in practicing self-care helps to maintain a healthy relationship with yourself and others. This workshop series explores a combination of practical tools, information and provides an opportunity to create a short personal self-care plan.

Exploring Personal Wellness

Nov 8

The Mind Body Connection

Importance of Self-Care

Nov 15

Explore how Self-Care can Support our Well-Being

Stress and Anxiety

Nov 22

Strategies to Calm our Nervous System

Radical Self-Compassion

Nov 29

Steps towards Radical Self-Acceptance

Where

Burlington Public Library
Tansley Woods Branch
1996 Itabashi Way

When

Nov 8 – Nov 29, 2022
Tuesdays from 1:30 – 3:00pm

4 Week Closed Workshop
Registration Required

TO REGISTER CONTACT

peermentors@cmhahrb.ca

Please include a phone # where you can be reached to complete registration.



Canadian Mental
Health Association
Halton Region Branch
Mental health for all



BURLINGTON
Public Library