



Rapids

Family Health Team

Stress Management Workshop

First Friday @ 9:30-11:30AM



Participants will learn how to:

- ◆ Set goals
- ◆ Identify your triggers
- ◆ Problem-solve
- ◆ Communicate assertively
- ◆ Practice relaxation
- ◆ Balance your thoughts
- ◆ Develop resiliency

The workshop is facilitated on a monthly basis by our Registered Social Workers and provides information on **how to effectively manage stress**. No physician referral is needed.

To register call 519-339-8949 or see reception.