Rapids

Family Health Team

Presents...

Stress Management Workshop

In-Person Workshop dates for 2022

(please choose one)

Fri. May 27, Fri. June 24, Fri. July 22, Fri. Aug 26,
Thurs. Sept 29, Fri. Oct 28, Fri. Nov 25 **or** Fri. Dec 23

Time: 9:30 - 11:30 AM

Location: 1150 Pontiac Dr. Sarnia

The Stress Management IN-PERSON Workshop is offered to anyone connected with Rapids Family Health Team. The workshop is facilitated on a monthly basis by our Social Work Team to provide information on how to effectively manage stress. Topics include:

- Balancing thoughts
- Relaxation & Resiliency techniques
- Causes, factors, & symptoms of stress
- Coping skills and how to manage stress
- Strategies to challenge unhelpful thinking
- How to identify triggers and respond to stress

To Register call: 519-339-8949 ext. 155