



Women's Health Clinic General Counselling Program presents:

Getting to know YOURSELF

Group counselling workshops



Understanding Emotions

MONDAY, OCTOBER 27TH, 2014
6:30-8PM

Do you ever wonder "Why do I feel the way I do?" Learn why your feelings are important, what they tell you, and how your mind, body, emotions, and behaviour are all connected.

Coping with Stress

MONDAY, NOVEMBER 24TH, 2014
6:30-8PM

Coping with life can be hard. You will be introduced to some coping strategies to use in your daily life. You will practice them in the workshop and take home some reminders of how to feel less overwhelmed when life gets stressful.

Anxiety

MONDAY, FEBRUARY 23RD, 2015
6:30-8PM

Learn more about anxiety; what it is, what is not, and how to be more comfortable with it.

An Introduction to Mindfulness

MONDAY, MARCH 30TH, 2015
6:30-8PM

Mindfulness involves connecting with our body, mind, and emotions in a non-judgmental and purposeful way. You will be introduced to mindfulness and learn how you can use it to improve your emotional well-being. Includes opportunities to practice mindfulness skills.

All workshops are located at:

**THE BIRTH CENTRE
603 ST. MARY'S RD.**

*All are welcome.
Registration preferred,
drop-ins welcome*

To register call:

204.947.2422 ext. 204

or email:

sharon@womenshealthclinic.org

www.womenshealthclinic.org



women's
health clinic