

Fall 2021

# WORKSHOPS

Women's Health Clinic | Counselling Program

Workshop locations will be determined closer to each date. Some workshops may run virtually. A computer, tablet or smartphone is required to virtually participate.

Registration is required. To register and for location information, send an email to the email address at the bottom of each workshop description.

## ALL WORKSHOPS RUN FROM 5:30 P.M. TO 7:30 P.M.

### Learning New Habits:

#### How to Make a Change | October 18, 2021

All habits help us in some way. There's no such thing as a "bad habit" but there may be times where you to change the way you do something. Come learn why that's so hard to do, and explore a helpful way forward.

[tanyaz@womenshealthclinic.org](mailto:tanyaz@womenshealthclinic.org)

### Self Compassion: How Kindness, Mindfulness, and Compassion Can Help Reduce Suffering | November 16, 2021

Are you critical of what you say or do? Are you hard on yourself or others? Self-compassion and mindfulness can help you learn how to respond to yourself with kindness and lessen your suffering.

[ksourkes@womenshealthclinic.org](mailto:ksourkes@womenshealthclinic.org)

### Helping Teens Cope with Anxiety:

#### A Workshop for Parents | December 8, 2021

Today, teens feel pressure from many directions. It can be difficult for them to manage life's stressors - the resulting anxiety can feel overwhelming! If you are a parent looking for guidance to support a teen who is having anxiety, this workshop is for you. We'll explore the causes of anxiety and provide tools and strategies for coping with it.

[pdenbow@womenshealthclinic.org](mailto:pdenbow@womenshealthclinic.org)

### Our Feelings and Emotions:

#### Why Do We Have Them? Why Do They Matter? | January 24, 2022

How are you feeling? Did you know that all our emotions serve a purpose? Come learn about the theory of emotion, including a little bit of neurobiology, how emotions are formed, and the jobs they do for us.

[jodid@womenshealthclinic.org](mailto:jodid@womenshealthclinic.org)

### Setting Healthy Personal Boundaries in Your Life and Relationships

#### Part 1 of 2 | February 17, 2022

Do you feel like your boundaries in your relationships are too rigid or too loose (or both)? Come learn about the different kinds of boundaries and tools for setting and maintaining them. Join us for part 2 in the spring.

[rfast@womenshealthclinic.org](mailto:rfast@womenshealthclinic.org)

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women's  
health clinic

[www.womenshealthclinic.org](http://www.womenshealthclinic.org)