

WE ARE

**HEALTHY MINDS IN
STRESSFUL TIMES**

FALL 2018

WHEN: WEDNESDAYS, 1:30PM-3:00PM

**WHERE: LRC 3RD FLOOR, RM 3058
(SEMINAR ROOM)**

Supportive and confidential • Led by counsellors • Free of charge • Drop-In Sessions • Food will be provided!

Weekly topics:

October 3: Healthy Habits For you!

October 10: Stress, Part 1 – What is it really and how to cope

October 17: Stress, Part 2 – Tips and tools to reduce and manage your stress

October 24: Anxiety, Part 1 – Do you feel anxious? Learn how to cope

October 31: Anxiety, Part 2 – Tips & tools to reduce and manage your anxiety

November 7: All the Feels: Learning about emotion

November 14: Coping when it all feels too much

November 21: Being kind to yourself

November 28: Relaxation: yoga, meditation & more!

For more information contact Rose Anthony - rose.anthony@humber.ca

Healthy Minds for Stressful Times works from an anti-oppression framework. We recognize that students face systemic oppression on the basis of sexual and gender orientation, race, body size, class, disability, immigration status, country of origin, culture, age and religion. We are committed to creating an environment that celebrates diversity, and challenges all forms of oppression.