

WE ARE

HEALTHY MINDS FOR STRESSFUL TIMES

FALL 2020

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

WHERE: ZOOM -

<https://taoconnect.zoom.us/j/97367473054> pwd=TnZTaElodzFvZWWhKSDZVdIBPcUFiZz09

Supportive & confidential · Led by counsellors · Free of charge · Drop-In Sessions · Registration not required

**Participants will not be admitted to the room after 1:45 PM **

Weekly topics:

October 6: Healthy Habits for you!

October 13: Stress, Part 1 – What is it really & how to cope

October 20: Stress, Part 2- Tips & tools to reduce & manage your stress

October 27: No Session - Reading Week

November 3: Anxiety, Part 1 – Do you feel anxious? Learn how to cope

November 10: Anxiety, Part 2 – Tips & tools to reduce & manage your anxiety

November 17: All the Feels: Learning about emotion

November 24: Coping when it all feels too much

December 1: Being kind to yourself

December 8: Being Kind to Yourself Part 2

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.