

WE ARE

HEALTHY MINDS STRESSFUL TIMES

FALL 2017

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

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

Supportive and confidential · Led by counsellors · Free of charge · Food will be provided!

Weekly topics:

October 2: Stress, Anxiety & You!

October 9: No group, Fall study days

October 16: Stress, Part 1 – Do you feel stressed? Learn how to cope

October 23: Stress, Part 2 – Tips & tools to reduce and manage your stress

October 30: Anxiety, Part 1 – Do you feel anxious? Learn how to cope

November 6: Anxiety, Part 2 – Tips & tools to reduce and manage your anxiety

November 13: Coping when it all feels too much

November 20: Being kind to yourself

November 27: 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.