



# WE ARE

# HEALTHY MINDS FOR STRESSFUL TIMES

## WINTER 2019

**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:

February 6: Healthy Habits For you!

February 13: Stress, Part 1 – What is it really and how to cope

February 20: No group, Reading Week

February 27: Stress, Part 2 – Tips and tools to reduce and manage your stress

March 6: Anxiety, Part 1 – Do you feel anxious? Learn how to cope

March 13: Anxiety, Part 2 – Tips and tools to reduce and manage your anxiety

March 20: All the Feels: Learning about emotion

March 27: Coping when it all feels too much

April 3: Being kind to yourself

April 10: Being Kind to Yourself Part 2

**For more information contact Rose Anthony - [rose.anthony@humber.ca](mailto: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.