



WE ARE HEALTHY MINDS FOR STRESSFUL TIMES

FALL 2022

WHEN: THURSDAYS, 1:30 PM - 3:30 PM

WHERE: Virtual Platform

TO JOIN: email Rose.Anthony@humber.ca for the link

Supportive & confidential • Led by counsellors • Free of charge • Drop-in sessions

*Group starts at 1:30 PM Sharp.

Weekly topics:

October 6: Healthy Habits For You!

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

October 20: Stress, Part 2 – Tips and tools to reduce and manage your stress

October 27 : FALL READING WEEK

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

November 10: Anxiety, Part 2 – Tips and tools to reduce and 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 the group link, email 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.



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Facilitated by Counsellors in Counselling Services

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