

**WE ARE**

**HEALTHY MINDS FOR  
STRESSFUL TIMES**

**WINTER 2018**

**WHEN: WEDNESDAYS, 1:30PM-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:**

**February 7: Healthy habits for you!**

**February 14: Stress, Part 1 – What is it really & how to cope**

**February 21: Stress, Part 2 – Tips & tools to reduce and manage stress**

**February 28: Anxiety, Part 1 – Do you feel anxious? Learn how to cope**

**March 7: Anxiety, Part 2 – Tips & tools to reduce and manage anxiety**

**March 14: All the feels: Learning about emotion**

**March 21: Coping when it all feels too much**

**March 28: Being kind to yourself!**

**April 4: Relaxation: yoga, meditation & more!**

**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.