



WE ARE

HEALTHY MINDS FOR STRESSFUL TIMES

FALL 2021

WHEN: THURSDAYS, 1:30PM-3:00 P.M.

WHERE: Virtual Platform

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

Supportive & confidential • Led by counsellors • Free of charge • Drop-In Sessions virtually

Group starts at 1:30PM Sharp. No admittance after 1:45PM

Weekly topics:

October 7: Healthy Habits For you!

October 14: Stress, Part 1 – What is it really and how to cope

October 21: Stress, Part 2- Tips and tools to reduce and manage your stress

November 4: Anxiety, Part 1 – Do you feel anxious? Learn how to cope

November 11: Anxiety, Part 2 – Tips and tools to reduce and manage your anxiety

November 18: All the Feels: Learning about emotion

November 25: Coping when it all feels too much

December 2: Being kind to yourself

December 9: 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.