



WE ARE

HEALTHY MINDS FOR STRESSFUL TIMES

WINTER 2021

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

WHERE: ZOOM

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

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

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

Weekly topics:

February 11: Healthy Habits For you!

February 18: Stress, Part 1 – What is it really and how to cope

February 25: Stress, Part 2- Tips and tools to reduce and manage your stress

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

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

March 18: All the Feels: Learning about emotion

March 25: Coping when it all feels too much

April 1: Being kind to yourself

April 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.