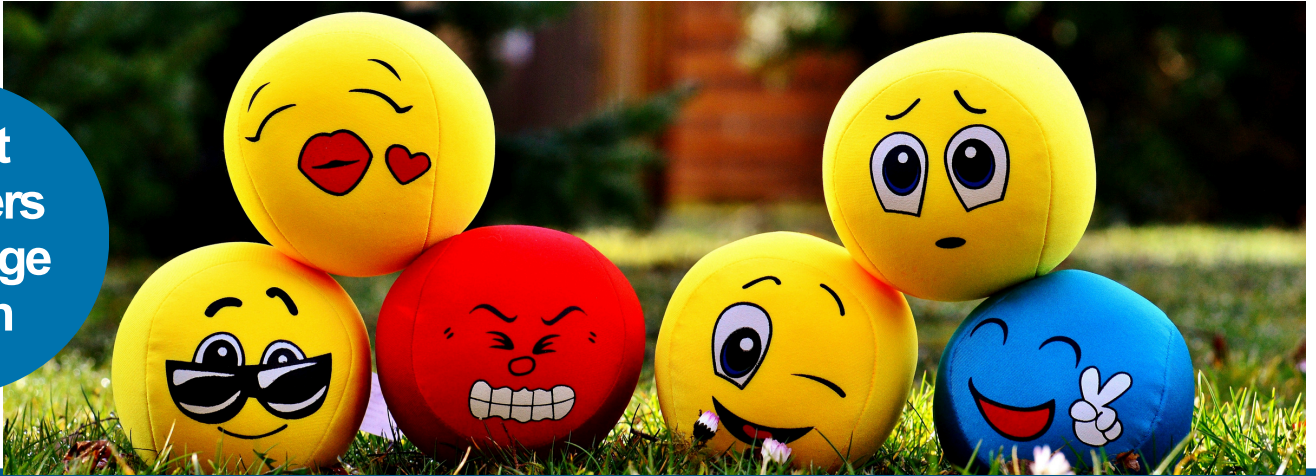


STRESS & ANXIETY MANAGEMENT WORKSHOP

✦ SPECIAL ACTIVITY: MAKE YOUR OWN STRESS BALL!

Guest
Speakers
Lakeridge
Health

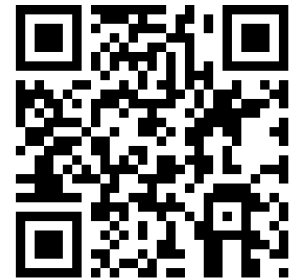


Join us for a supportive and interactive session to help you understand and manage stress and anxiety. Learn practical tips, coping strategies, and where to get help in the community. **LEARN TO MAKE A STRESS BALL!**

 **Tuesday, Dec 9th**
 **2:30 pm – 4 pm | Ajax Welcome Centre**

 **Wednesday, Dec 10th**
 **5:00 – 6:00 pm | ONLINE**

 **Thursday, Dec 11th**
 **11:30 am – 1 pm | Oshawa Welcome Centre**



REGISTER NOW

**For more information: please contact Rafiah Shaikh at
rshaikh@cdcd.org or call 289-255-1380 / 905-686-2661 Ext:232.**



Welcome Centre - Ajax
458 Fairall Street, Unit 5
Ajax, ON L1S 1R6
Toll-free: 1-877-761-1155
www.welcomecentre.ca



**Lakeridge
Health**



Welcome Centre Lead Agencies:

Ajax – Community Development Council Durham

Oshawa – Community Development Council Durham

Pickering – Durham Region Unemployed Help Centre

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