

Next-Steps Employment Centre - Riverdale



Breathe: Self-Care in Stressful Times Session

Are you actively looking for work?
Feeling frustrated with the job search process?

This workshop is designed to explore, adapt and build on our culturally diverse self-care strategies and practices. Participants will explore the effects of stress in their day to day lives. Throughout the workshop participants will use self-reflection exercises as well as group activities to build on self-care strategies when dealing with stress.

Tuesday December 20, 2016
10:00 – 11:30 am

Space is limited! To sign up please call: 416-396-2020



Canadian Mental
Health Association
Toronto

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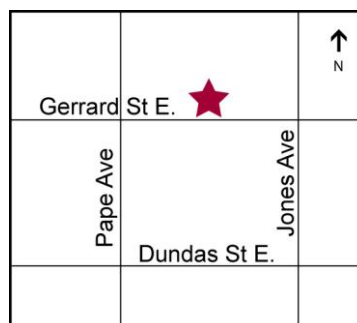
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Open Monday to Friday, 9am - 5pm



To Register Please Contact

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www.next-steps.ca

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