

Breathe: Self-Care in Stressful Times



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Join us for a workshop

Presented by

The Opening Doors Project (CMHA - Toronto)

On Managing Stress While Job Searching:

Monday July 31, 2017

10:00 am to 12:00 pm

Learn to:

- Explore, adapt and build self-care strategies & practices
- Manage the effects of day to day stress

Participants will use self-reflection exercises as well as group activities to build on self-care strategies when dealing with stress during job search

Space is limited. Please contact us to sign up!

Next-Steps Employment Centre

Agincourt Mall
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Scarborough, ON



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