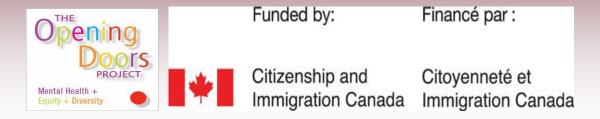
## **Breathe: Self-Care in Stressful Times**



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

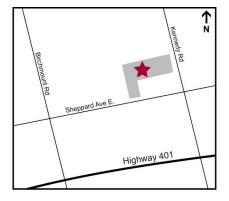
## Space is limited. Please contact us to sign up!

## Next-Steps Employment Centre

Agincourt Mall 3850 Sheppard Ave. E., Scarborough, ON







For information, contact Tel: 416-396-8110

nsec-scarborough@tdsb.on.ca www.next-steps.ca

Operated by





