

Stress Management Program

Six-session course teaching skills to better manage stress including:

- breathing and muscle relaxation techniques
- assertive communication skills
- changing your negative thoughts



Stress can never be eliminated from our lives, but it can be managed so that it does not affect our health. Join us to find ways to help reduce your stress level.

April 9th to May 14th 2018
Mondays 5:00—7:30

For more information call: (613) 930-4892 ext. 229
www.seawayvalleychc.ca



Seaway Valley
Community Health Centre
Working with you for a Healthier Community

353 Pitt Street
Cornwall, Ontario

