

# A Wellness Workshop: Managing Stress and Anxiety

## **FREE 8 session workshop**

This workshop will examine aspects of daily well-being, stress and anxiety and how it can impact your life. Join us and discover how you can head towards daily well-being.



**DURATION: 8 SESSIONS 3:00-5:00PM**

SEPTEMBER 22, OCTOBER 13 AND 27, NOVEMBER 10 AND 24, DECEMBER 8 AND 22, JANUARY 12

**LOCATION: GILBERT CENTRE 80 BRADFORD ST # 345 BARRIE**

**FACILITATORS: CHARLOTTE LAWS (CMHA)  
KATIE TRAILL (GILBERT CENTRE)**

**PARTICIPANTS: GENDER DIVERSE AND TRANS PEOPLE 21+**



*For information and registration contact:*

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**Canadian Mental  
Health Association**  
*Mental health for all*

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