

Coping with Stress and Anxiety During Pandemic



**November 25, 2020
4:00 pm - 5:00 pm**

Outbreaks can be stressful and everyone reacts differently to stressful situations. This activity is a unique opportunity for you to learn how to take care of yourself and your loved ones. Join this virtual session and learn about:

- Helpful strategies for worrying thoughts
- Dealing with stress and anxiety during pandemic
- How to help a family member with increased anxiety due to COVID-19
- Free resources will be available to you on-line & locally

For more information, please contact:

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Registration Information:
GoToWebinar – A link with a password will be sent to registrants a day prior to the session



Client Eligibility:
Permanent Resident, Convention Refugee



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

All of our programs & services are available at no cost to eligible clients.