

Coping with Stress and Anxiety During Pandemic - Seniors



**January 21, 2021
4:00 pm - 5:00 pm**

For more information, please contact:

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

Outbreaks can be stressful. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in seniors. 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



**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.