

# Coping with Stress and Anxiety Post Pandemic

April 20, 2022  
4:00 pm - 5:00 pm

For more information, please contact:

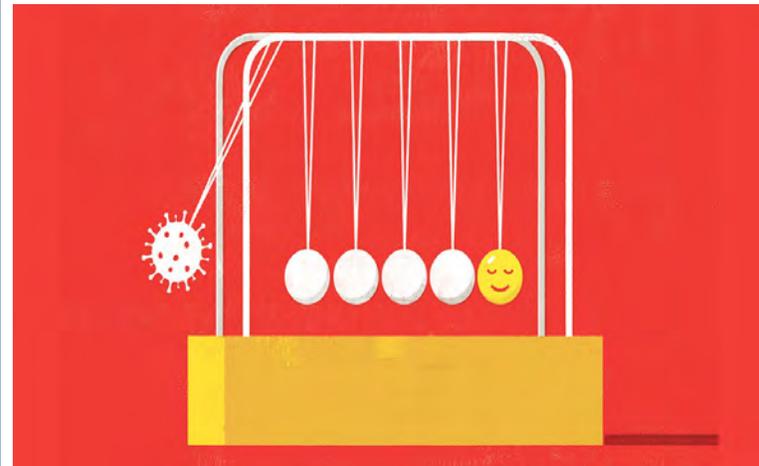
Amira Girgis, Settlement Counsellor  
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Registration Information: Zoom – A link with a password will be sent to registrants a day prior to the session



Join this on-line session and learn about:

- Helpful strategies for worrying thoughts
- Dealing with stress and anxiety post pandemic
- Free resources will be available to you on-line & locally, and more



**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.*