

Coping with Stress and Anxiety Post Pandemic



**September 22, 2022
3:00 pm - 4:00 pm**

For more information, please contact:

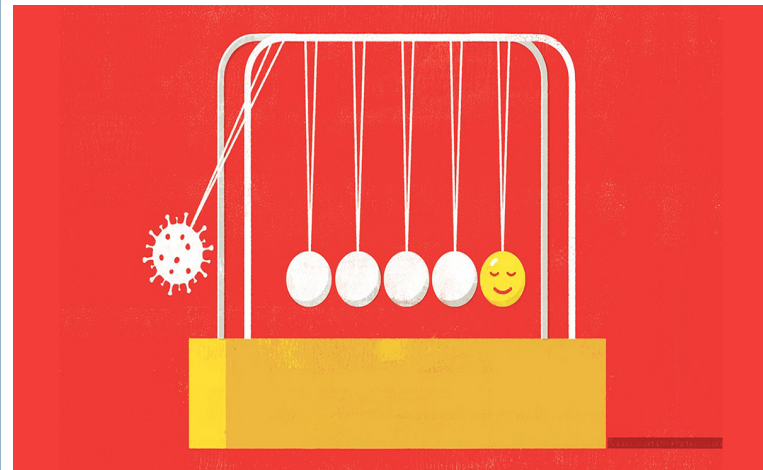
**Sona Rouhandeh, Settlement Counsellor
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519-999-6583

**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.*