



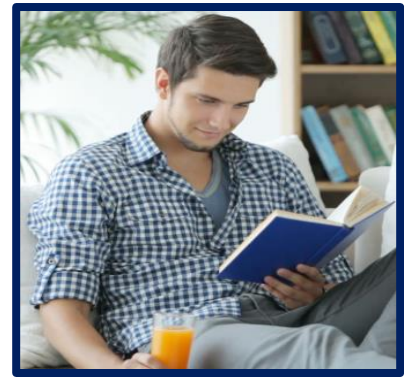
MIND FORWARD EDUCATIONAL AND SKILLS TRAINING WORKSHOP

STRESS and RELAXATION: Symptoms, Solutions & Take Away Strategies

SPEAKER:

Natasha D'Souza - Psychosocial Group Leader – Live @ our Orangeville Office

This workshop will provide participants information regarding stress and how it effects our lives. Participants will learn how to identify different types of stress and how to practice different relaxation and meditation techniques that will help manage their stress and aid in relaxation. The practice of Mindfulness will also be discussed.



Wednesday, September 26th, 2018

7:00 pm to 8:30 pm

Workshop Location: Orangeville Office - 695 Riddell Road, Unit #3, Orangeville, ON. L9W 4Z5

All Mind Forward Educational and Skills Training Workshops are open to individuals with an acquired brain injury, their family, friends and caregivers, Mind Forward staff, community partners/ staff, and interested members of the public. The goal of these workshops is to promote; awareness, education, information, and facilitate and encourage peer support.

All events are FREE and refreshments will be provided. Please contact Ruth.Spencer@mindforward.org, Dorothy.Heidbuurt@mindforward.org; or Natasha.Dsouza@mindforward.org if you require any additional information.