



MIND FORWARD EDUCATIONAL AND SKILLS TRAINING WORKSHOP

STRESS and RELAXATION: Symptoms, Solutions & Take Away Strategies

SPEAKER:

Dorothy Heidbuurt - Psychosocial Group Leader – Live @ Mississauga Head 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 12th, 2018

7:00 pm to 8:30 pm

Workshop Location: Mississauga Head Office - 176 Robert Speck Parkway, Mississauga

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.



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