



Stress & Anxiety Workshop

HOW ARE YOU FEELING?

Sign-up for a free 4-week workshop to better understand any stresses and anxieties you may still be experiencing since September's tornado.

Wednesdays (4 sessions)

June 5, June 12, June 19 & June 26 , 7:00 - 8:30pm

Trend Arlington Community Centre, 50 Bellman Dr.

Refreshments will be served

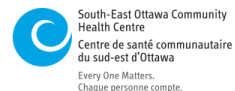
Register by email at hbrown@nrocrc.org

*** Individual Counselling for Adults**

Available on Thursdays at NROCRC. Please call 613-596-5626 ext 245 to make an appointment.

TOPICS:

- How stress & anxiety are related
- How stress & anxiety affect you
- Coping mechanisms
- Healthy habits
- Internal & external supports



For more information about these sessions or other tornado relief services at NROCRC, please call 613-596-5626 ext 245 or email hbrown@nrocrc.org



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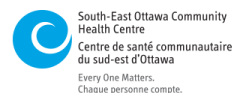
About the facilitators...

* Sarah Shima

A mindfulness meditation instructor for over 14 years, Sarah has taught stress and anxiety management techniques in community centres, corporate offices, the Ottawa Hospital, and the Ottawa-Carleton Detention Centre. While working as a relief Intake/Crisis Counsellor at Western Ottawa Community Resource Centre, Sarah continues to study (and practice!) stress and anxiety management as she earns her Masters of Social Work degree at Carleton University.

* Sofia Sampson

A Mental Health Clinician, Social Worker, and a VAW Crisis Counsellor with a Social Science Educational background and more than 17 years providing education and counselling related to mental health issues such as anxiety, stress, and depression to individuals and groups with diverse ethnicities including Aboriginal.



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