

Emotional Wellness Workshops

ANXIETY AND STRESS RELIEF WORKSHOP

Anxiety is a normal human emotion that we all experience at times. It is a problem when it becomes consistent and has a negative impact on your day to day functioning. We start to avoid things that are anxiety producing creating limitations in our work, relationships, health and our general well-being. This workshop is geared toward learning the newest tools and strategies for periods of anxiety and stress.

You'll be glad you took the time.

This workshop can guide you to a life of:

- More confidence, a sense of peace and self-empowerment.
- increased physical health, clarity and focus
- enriched relationships with family, friends and colleagues

When : Wednesday April 25th

Time: 6:00 to 8:00pm

Cost : \$60.00

Where :TBA

Registration: Contact Brenda Montani

brenda@whistlercounsellor.com or 604 9073452

appointments
bills
work
new home
relocation
job review
change
pressure
deadlines
neighbors
divorce
workload
mondays
fatigue
pressure
boss
work
up all night
spouse
tension
change

STRESS

family
grades
report cards
money
an't sleep
children
death
duties
headache
promotion
headaches
marriage
employer
new school
responsibilities
new boss
retirement
snap
sick day