

## **STRESS WORKSHOP- “DO I LOOK LIKE THIS PICTURE?”**

.... MAYBE ON SOME VERY STRESSFUL DAYS.... OR FEEL LIKE THIS ....

**DATE: TUESDAY NOVEMBER 10, 2020**

**TIME: 1-3 PM**

DUE TO COVID VIRUS NUMBERS FOR GROUP MEMBERS WILL BE LIMITED TO **5 WOMEN**



PLEASE CALL ***IWRC @ 204-642-8264 TO REGISTER***

***LOCATION: INTERLAKE WOMENS RESOURCE CENTRE 87-5<sup>TH</sup> AVE***

- What is stress? Is there good & bad stress?
- Brainstorm some examples of stress
- Brainstorm healthy & unhealthy ways of coping with stress



Interlake Women's Resource Centre

