



Holiday Stress Virtual Workshop

Friday November 29
10am -noon

- Family Dynamics
- Boundaries
- Self Compassion
- Guilt

☎ 705-743-2272 ext 308
📍 540 George St N, Ptbo
ON K9H 3S2

52% of Canadians report feelings of anxiety, depression and isolation during the holiday season. Offered as the holidays approach, this workshop explores ways to cope.

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Turning things around