



Rapids

Family Health Team

# Mental Wellness Workshops



These workshops are intended for individuals who are currently being seen by a Mental Health Counsellor at Rapids Family Health Team. These workshops offer education for those looking for additional support for their mental health.

**These workshops are offered on a monthly basis.**

**Most dates fall on a Wednesday.**

**Please see dates and topics below!**

**START TIME: 1:30pm – 3:00pm**

Jan 8 <b>Procrastination and Problem Solving</b>	July 8 <b>Revisiting Relaxation, Mindful Walk</b>
Feb 12 <b>Motivation and Setting Goals</b>	Aug 12 <b>Triggers, Coping Strategies</b>
Mar 11 <b>Mind Body Connection</b>	Sept 9 <b>Reducing Anxiety</b>
*Apr 6 (Monday) <b>Effective Communication</b>	Oct 14 <b>Mindfulness and being present</b>
May 13 <b>Later Life Transitions</b>	*Nov 12(Thursday) <b>How to deal with Loneliness</b>
June 10 <b>Mindfulness for Chronic pain</b>	Dec 9 <b>Gratefulness and Being Happy</b>

**If you are interested, please call:**

**519-339-8949**

**1150 Pontiac Dr., Sarnia**