

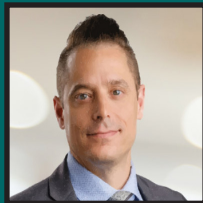


04-06 Oct 2021
via Zoom

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**“Stocking Your Resilience Toolbox:
How to be Proactive in Managing Your Stress”**

In this COVID-19 world, being resilient is more important than ever. Many people are facing increased demands at work and at home. Combined with our inability to connect socially and to just get away from it all, stress and anxiety levels are no doubt at an all time high. How are we to cope with it all? In this seminar, you will learn some of the behaviours, thoughts, and actions that will help you increase your resilience so that you can cope with each difficult situation you face on your own terms and with strength and power. ... *more at acfi.ca*



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