

EMOTIONAL FIRST AID

Do you experience intense emotions (anxiety, sadness, anger, etc.)?

Do they interfere with your daily life?

Do they sometimes feel out of control?

Would you like to learn more coping skills to better manage your emotions?



**A 4-WEEK
EDUCATIONAL AND
SUPPORT PROGRAM:
THURSDAY**

JUNE 3, 10, 17, 24

1:00PM - 2:30PM

**TO REGISTER PLEASE
VISIT OUR WEBSITE AT
WWW.NEWVISIONHEALTH.CA**

**GO TO THE
"WELLNESS WORKSHOP
REGISTRATION FORM"
UNDER THE ONLINE
SERVICES TAB**

OUR VIRTUAL WORKSHOPS ARE RUN
USING ZOOM VIRTUAL PLATFORM.
PARTICIPANTS MUST HAVE ACCESS TO A
COMPUTER, TABLET OR SMART PHONE
AND THE INTERNET TO PARTICIPATE.

**Facilitated by
Anna Wiebe, MSW, RSW**