

# RELAXATION AND STRESS MANAGEMENT SKILLS TRAINING

- You will get the opportunity to practice and develop strong skills in releasing body tension, and calming and focusing the mind
- This is not a self-disclosure group, The purpose is skill practicing
- All techniques presented have originated from research into strategies which promote physical and mental relaxation.
- These techniques are especially helpful in the self-regulation of headaches, muscle tension, insomnia, pain, anxiety, and panic attacks

***This is a FREE On-Line Multi-Week Series Workshop***



Sessions facilitated  
By Kathy Somers of the  
University of Guelph's Stress  
Management and High  
Performance Clinic.

Please **register** to be provided with a link and instructions to join this webinar. You will need access to a computer, tablet or smart phone but you do not need a camera. You will need an email address for registration and to access the webinar.

**To register:** Visit our website at [www.ewfht.ca](http://www.ewfht.ca) (please see workshop calendar). Once registered, if you do not receive an email confirmation and link to webinar, please check your junk/spam folder.

For workshop questions, please email [alliedprograms@ewfht.ca](mailto:alliedprograms@ewfht.ca)

Or call 519-833-7576 x 362

**3 - Week On-Line Series**  
**Mondays: September 18, 25, October 2, 2023**  
**7:00-8:00pm**