

Mental Health: Support for You and Your Family

Building Resiliency: Dealing with Life's Challenges

Join us to learn various coping strategies that can give us a break from mental and emotional distress and when to use them. Explore how mindfulness differs from and / or complements other approaches to riding the waves of life.

Presented by Keehan Koorn, Reg. Psychotherapist, Canadian Mental Health Association Waterloo Wellington and Joy Finney, MPhil in Social Work, WCHC.

Tuesday, October 3, 2017
7:00 pm—9:00 pm



Faith-Fullness: Spirituality and Mental Health

Stigma around mental health issues persist in our society. Unfortunately, those who have been raised in, or value their own faith tradition, often face additional challenges understanding mental health. Struggles emerge in reconciling messages from society with personal understanding, experience, and expression of faith. This interactive presentation seeks to explore the connection, dispel some myths, and learn an integrated approach to faith and mental health.

Presented by Cairine Domzella, MA Theology: Spiritual Care and Psychotherapy, WCHC and Sid Bater, MSW Counsellor at WCHC.

Tuesday, October 24, 2017
7:00 pm—9:00 pm

Calming the Anxious Mind

Anxiety is one of the most common and most distressing mental challenges today, it can be particularly troubling when our children struggle with it. In March we explored some of the causes of anxiety in children, now we will explore how anxiety is often a 'family affair', how family fit into the picture, and discuss some basic strategies to effectively manage the anxiety relationship in the household.

Presented by Sid Bater, MSW Counsellor at WCHC.

Thursday Nov. 16, 2017
7:00 pm—9:00 pm

Everyone Welcome. No Charge. Registration recommended but not required. To register call 519-664-3794 or 519-656-9025

The above sessions are held at Woolwich Community Health Centre, 10 Parkside Dr., St. Jacobs
Woolwich Community Health Centre and Wellesley Township Community Health Centre

Woolwich 519-664-3794—Wellesley 519-656-9025

