achēv NEWCOMER INFORMATION CENTRE



UNDERSTANDING STRESS AND EMOTIONS: WEBINAR

Thursday, April 4, 2024
10:00 a.m. - 12:00 p.m.

Join our webinar to learn about the following:

- How to discuss stress and emotions
- Understanding various emotions and creating a safe space to explore them
- Working together to find solutions and supporting each other

We hope you can join us for this informative and engaging session!





Register By Phone or Email:
(905) 949-0049 Ext. 1266
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Register Online

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