

STRESS MANAGEMENT STRATEGIES: WEBINAR

In Collaboration with
Access Alliance



Access Alliance
Multicultural Health and Community Services

Thursday, January 16, 2025
10:00 a.m. – 12:00 p.m.

Join our expert-led webinar to discover tips for stress management. Topics include:

- Setting boundaries
- Using our body as a strength resource
- How to regulate emotions and big feelings



Register by phone or email:

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