

# 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 multi-week series***



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

**You must pre-register.**

**Please go to**

**[www.ewfht.ca](http://www.ewfht.ca) and click  
on "workshops" or call  
519-833-7576 ext. 362**

Erin Clinic: 6 Thompson Cres.,  
Unit 1

6 - week series

Wednesdays, September 25 –  
October 30, 2019

7:00-8:30pm

Rockwood Clinic: 175 Alma  
Street

6 – week series

Tuesdays, April 7 – May 12,  
2020

7:00 – 8:30pm

**Space is limited so REGISTER TODAY!**