

# Community Education Service



*Improving emotional health and well being*

## Learn to Live with Anxiety Series: Mind Body Connection

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North Zone Mental Health Promotion- AHS

This workshop increases understanding on anxiety and supports skill building to cope. Participants will identify signs and symptoms of anxiety, review strategies and tools to decrease anxiety, and develop a personalized action plan for anxiety.

## FREE SESSION

**June 6<sup>th</sup> , 2024**  
**11:30 AM – 12:30 PM**



[Click here to](#)  
[Register](#)

This session is presented by the Community Education Service of the Mental Health Collaborative, Child & Adolescent Addiction & Mental Health and Psychiatry Program (CAAMHPP) of Alberta Health Services in partnership with North Zone Mental Health Promotion- AHS.