

Community Education Service



Improving emotional health and well being

Transform your Stress: The Resilience Advantage (Part 1)

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Stress affects people physically, mentally, and emotionally. In this first workshop, we will learn about stress and how to manage stress with 2 HeartMath stress-reducing techniques.

March 22, 2023
6:00 PM- 8:00 PM

Objectives

1. Discuss the stress response and identify warning signs of stress
2. Review how emotions impact the body, brain, and our overall health
3. Demonstrate 2 stress-relieving techniques

Click here to
Register
Free online event

There are two parts of this training and, to enroll in the second session, you must complete part 1

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 **Community Health Promotion Services (CHPS), AHS.**