

Coping with Stress and Anxiety During Pandemic



**July 10, 2020
1:00 pm - 2:00 pm**

For more information, please contact:

**Asseel Darwish, Settlement Counsellor
adarwish@ncce1.org**

519-999-1597

**Registration Information:
GoToWebinar – A link with a
password will be sent to registrants a
day prior to the session**

Outbreaks can be stressful and everyone reacts differently to stressful situations. This activity is a unique opportunity for you to learn how to take care of yourself and your loved ones. Join this virtual session and learn about:

- Helpful strategies for worrying thoughts
- Dealing with stress and anxiety during pandemic
- How to help a family member with increased anxiety due to Covid-19
- Free resources will be available to you on-line & locally



**Client Eligibility:
Permanent Resident, Convention Refugee**



Immigration, Refugees
and Citizenship Canada

Immigration, Réfugiés
et Citoyenneté Canada

*All of our programs & services are available at no
cost to eligible clients.*