



You and Your Well-Being

Seven Bi-Weekly Workshop Series



When: FRIDAYS

February 24

March 10 & 24

April 7 & 21

May 5 & 19

Time:

1:00 pm to 3:00 pm

Where:

Well Being Program Office
300-4211 Kingsway, Burnaby

Workshop Topics:

- **February 24:** Relationships: Healthy vs. Unhealthy
- **March 10:** Stress: How to Manage
- **March 24:** Positive Communication (Ending Gossip)
- **April 7:** Positive Self-Esteem: Why It Matters?
- **April 21:** Taking Care of Your Health, Part 1
- **May 5:** Taking Care of Your Health, Part 2
- **May 19:** Internet Safety: Use of Social Media

**Please register to
reserve a spot**

**Contact us if you need
ASL/ Deaf Interpreters**

Need More Information?

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