

Bridges Community Health Centre

Community Health and Wellness Programs

Managing Anxiety and Worry

In Person Presentation—Fort Erie Site



All Bridges CHC programs are open to the entire community at no cost.

Tuesday, October 21, 10:00am-11:30am

Are anxious thoughts keeping you up at night or looping through your mind during the day? This 90 minute workshop offers practical tools to help you understand worry and to learn strategies to calm your mind and body. Open to adults of all ages. Led by our Registered Social Worker Melissa.

To register:

Please call 905-871-7621 ext. 0
or email info@bridgeschc.ca

Space is limited.