Bridges Community Health Centre

Community Health and Wellness Programs

Coping with Stress

In Person Presentation—Port Colborne site

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

Thursday, November 27, 1:00-2:30pm

Join our Registered Social Worker Miranda to learn how to recognize personal stress triggers, as well as ways to manage and reduce stress and boost your well-being.

To register:

Please call 289-479-5017 ext. 0

or email info@bridgeschc.ca

Bridges Community Health Centre
Fort Erie and Port Colborne/Wainfleet

Every One Matters.
Every individual. Every community. Every staff person.

Alliance for Healthier Communities
Alliance pour des communautés en santé