

Understanding Stress and Anxiety Workshop



Held at Seaway Mall Branch of



Tuesday, March 25th, 2025
10:00 – 11:30 am

Feeling stressed? There are tools & strategies to help.

Join our Social Workers for this free workshop in order to:

- Learn more about stress, anxiety, and the difference between them
- Recognize what anxiety looks and feels like
- Gain effective tools and strategies
- Gather resources

Contact WMFHT Reception to register. 905-704-3660