

JOIN THE EWPCN FOR

Changeways

A 6 week group workshop designed to teach you strategies to make positive personal change.

Changeways

Strategies for Personal Change

Changeways is a group workshop designed to help you combat stress, anxiety and depression. It was developed using Cognitive Behavioural Therapy. You will learn skills to help challenge negative and distorted thinking in order to create a healthy lifestyle and build a good support network.

During this workshop, you will learn ways to boost your mood and overcome feelings of stress and anxiety. Group facilitators will teach you mindfulness techniques and how to incorporate relaxation into your life, while also talking about the importance of nutrition, exercise and self-care.

Participants will create weekly goals to practice in between classes and learn how to make sustainable changes to better their lives.

Join the EWPCN for this free 6 week class.

Session dates:

Virtual

Wednesday, September 13
1:15 pm – 2:00 pm (info session)

Wed. Sept. 20 - Oct. 25
1:15-3:15pm
via ZOOM

Open to the public (ages 18+)

To register, please
call 780-443-7477