Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Menopause and Mental Health

Understand the connection between menopause and mental well-being

During this workshop you will learn:

- How Menopause Affects Mental Health – Understand the impact of hormonal shifts on mood, memory, and emotions
- Recognizing the Signs – Learn how to spot changes in mental health and when to seek support
- Coping Strategies and Holistic Approaches– Discover practical tools to manage stress, anxiety, and low mood.





Facilitated by Amanda Otterman

UPCOMING ONLINE WORKSHOP

Tuesday
February 2, 2027
6:30pm- 8:00pm

This online workshop will be hosted via and online teleconferencing platform called Zoom. You must provide a valid email address to attend. Spaces are limited.

For more information or to register,
visit wwselfmanagement.ca
or call 1-866-337-3318

Family members and caregivers are welcome to register and attend.

www.wwselfmanagement.ca