



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Menopause and Us: Supporting Each Other Through Change

Menopause is a natural part of life that can bring physical, emotional, and relationship changes. This 90- minute session helps partners better understand what happens during menopause and how to support each other through it. Both the person experiencing menopause and their partner must register to attend.

You will learn:

- What menopause is and how it can affect the body, mood, sleep, and relationships
- How hormonal changes can influence daily life and emotional well-being
- Ways to communicate with care, understanding, and respect
- How to create a supportive home environment and stay connected as a couple
- Practical tips for caring for yourself and your partner during this stage of life



UPCOMING VIRTUAL WORKSHOP

Tuesday

November 17, 2026

6:30pm- 8:00pm

Registrants will need to submit a separate registration for their significant other if they plan on attending.

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.



Facilitated by Amanda Otterman

