



Waterloo Wellington
Self-Management Program

Your Journey to Balanced Living



Stop Worrying!

2- hour workshop provides practical strategies to curtail unhelpful worrying and decrease its negative impact on mood & performance.

This workshop will help with:

- how to shift from unhelpful, unproductive worry to more constructive worry
- tips for bedtime
- brain training exercises and a variety of other techniques to curb worrying
- 2 approaches proven to decrease worrying



UPCOMING WORKSHOP

Monday

January 11, 2027

6:00pm- 8:00pm

This program is being held virtually on Zoom. You must provide a valid email address to register. Spaces are limited.

Please note that this is a highly interactive workshop.

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.

This workshop is facilitated by Kathy Somers, R. Kin, BCB from the Stress Management and High Performance Clinic.