

PLEASE NOTE
THIS WORKSHOP IS
OPEN TO PATIENTS
OF CFFM, NEW
VISION FAMILY
HEALTH TEAM,
KW 4, AND TWO
RIVERS FAMILY
HEALTH TEAM

Do you experience anxiety around the holidays?
Does your family have differing opinions on COVID-19?
Are you worried about having difficult conversations?

We can help!

HOW TO HANDLE

STRESS OVER THE HOLIDAYS



2-HOUR WORKSHOP

Friday December 3, 2021

1:00-3:00

TO REGISTER

PLEASE GO TO WWW.TWORIVERSFHT.CA
OUR SERVICES TAB
EVENTS/REGISTER

OUR VIRTUAL
WORKSHOPS ARE RUN
USING ZOOM.
PARTICIPANTS MUST
HAVE ACCESS TO THE
NECESSARY
TECHNOLOGY TO
PARTICIPATE.