

Stress Management Skills

If you are living with high levels of stress, you are putting your entire well-being at risk. Effective stress management is important to a happier, healthier, and more productive life. Join us at our Stress Management Workshop to learn about how you can relieve stress and improve the quality of your life.

Date: October 24th, 2017 Tuesday

Time: 6pm – 7pm

Location: Community Mental Wellness Association of Canada
#250-5726 Minoru Blvd. Richmond, BC

Speaker: Bessie Wang, BC Registered Clinical Counsellor

Fee: Free



如何面對及處理壓力？

如果您生活压力很大，那么你的健康都将处于危险之中。有效的压力管理可以帮助您克服生活中的压力，让您活得更快乐，更健康，更幸福。让我们在压力管理班上了解如何缓解压力及改善你的生活质量。

日期： 2017 年 10 月 24 日
星期二

時間： 6pm – 7pm

地點： Community Mental Wellness Association of Canada
#250-5726 Minoru Blvd. Richmond, BC

費用： 免費

講師： 王玥，BC 註冊心理諮詢師



Community Mental Wellness Association of Canada

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