

Wellness Workshop

Workshop Outline:

- Understanding why things trigger you*
- Impact of suppressed emotions*
- Handling emotions effectively*
- Unhealthy vs healthy coping strategies*

When and Where:

- Friday Feb. 21, 2020*
- 9:00-3:30*
- At the District Office
In the DDC*



*Presented by Sabrina Trobak
Trobak Holistic Counselling*