

UNDERSTANDING STRESS & ANXIETY IN ADULTS: WEBINAR

Wednesday, July 29, 2026 | 1:00 p.m. – 2:30 p.m.

Join us for an informative webinar, led by a registered psychotherapist, to better understand stress, anxiety, and overwhelm and gain practical strategies to support your mental well-being.

What you will learn:

- Identify common signs and symptoms of stress and anxiety in the body, thoughts and emotions
- Understand the impact of chronic stress on overall mental and physical well-being
- Learn practical coping strategies to help manage stress and feelings of overwhelm

Eligibility: Individuals on Ontario Works (OW) or Ontario Disability Support Program (ODSP), residing in the Region of Peel

A digital certificate of participation will be provided

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