



## Winter Wellness

### LEARNING TO MANAGE YOUR EMOTIONAL RESPONSES

#### Description

Learn about emotions, triggers, how they work, how they affect your mind and your body. Learn techniques/strategies to manage your emotional responses to others, events and situations. The program will be held over 3 sessions of 1 hour each. It will be offered in a supportive, non-judgmental environment open to everyone. The program will address emotions such as anxiety, frustration, anger,

Waterloo Region Nurse Practitioner Led Clinic  
(p) 519-772-2322  
[www.wrnplc.ca](http://www.wrnplc.ca)



## Winter Wellness Program

All patients and community members 16 years and older are welcome!

Tuesdays  
5pm -6:30pm

November 28th  
December 5th and  
12th

This program will be held in  
Cambridge at 13  
Water Street.

## Register

by sending an email with "winter wellness" in the subject line to [patient@wrnplc.ca](mailto:patient@wrnplc.ca)