



CANADIAN MENTAL  
HEALTH ASSOCIATION  
L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

The Canadian Mental Health Association  
Kawartha Lakes Branch is hosting

## Community Mental Health Workshops

- **The AAABC's of Stress: Stress Management**  
Saturday April 10, 2010
- **Go for the Gold: Lifestyle Change**  
Saturday May 8, 2010
- **Whole Person Wellness: Healthy Living**  
Saturday June 12, 2010
- **Life: It's Worth Living: Self Esteem**  
Saturday July 10, 2010
- **Creative Compromise: Conflict Management**  
Saturday August 14, 2010
- **Spend Time Where it Counts: Time Management**  
Saturday September 11, 2010
- **Keep Your Cool: Anger Management**  
Saturday October 9, 2010
- **Spiritual Journeys: Personal Growth**  
Saturday November 13, 2010
- **On the Job Stress: Stress Management**  
Saturday December 4, 2010
- **Coping With Loss**  
Saturday January 15, 2011

**Time:** 1:30 pm-4:30pm

**Location:** Lindsay Public Library, Lower Level  
190 Kent Street West, Lindsay

**Cost:** \$10.00/person -*Reduced rate if registering for more than 2 workshops*

For more information or to register please call the Canadian Mental Health Association  
Kawartha Lakes Branch at (705) 328-2704 Ext. 221

Please register early, spaces are limited!