



THE  
TODAY  
CENTRE

**IMMIGRANT WOMEN'S**

# Stress, Self Care and Wellbeing

These last months have increased stress and difficulty for many of us. That's why we partnered with the **Edmonton Mennonite Centre for Newcomers** and their clinical director **Karin Benesch-Linschoten, MA, CCC, CCC-S** to present on Stress, Self Care and Wellbeing.

In this workshop you will gain understanding how stress and difficulty affects our body and mind, what we can do to keep ourselves balanced and healthy and how to build practical resources into our daily busy lives.

Please note this session is for service users.

**June 9th | 3:00 PM - 4:30 PM**

**This is a virtual event held via ZOOM**

For more information or to register, contact The Today Centre at 780-455-6880 or [info@thetodaycentre.ca](mailto:info@thetodaycentre.ca)