

Presented by:





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**Northwest  
Municipalities Association**

# Psychological Health & Safety Workshop

## Taking Care of You: The Importance of Self-Care and Stress Management

-  This workshop will talk about stress, depression, anxiety and burnout – how to notice signs and symptoms in yourself, your co-workers, family, and other important people in your world.
-  Learn practical strategies towards becoming more mindful; step back and gain some perspective in this fast-paced world of ours. Come together with other individuals at this session to understand how self-care is not selfish.

## Fostering Resiliency

-  This workshop will talk about what is resiliency and how does it develop over time, what undermines resiliency and the importance of boundaries.
-  Learn practical strategies towards building back resiliency, emotional intelligence and other self-care techniques.

For registration or more  
information contact:

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Upcoming Session  
**JANUARY 21, 2019**  
12:30pm-4pm  
**St. Walburg Parish Centre**  
8 Second Ave,  
St. Walburg, SK