

All Workshops are FREE. Please register in advance by visiting us online at www.carizon.ca or call 519-743-6333.

Money Matters

Wednesday October 17 | 6:00pm—7:30pm

Learn about the importance of budgeting and financial management through life's many transitions. Develop skills and gain an understanding of resources

Warming up the Winter Blues

Thursday November 8 | 6:30pm—8:30pm

As we cross the threshold from Autumn to Winter, and daylight gets shorter, and the cold drives some of us indoors, some of us find our energy waning and our moods slumping: this can range from feeling a bit blue to something as serious as major depression, only to ease or disappear in Spring and Summer (Some people are on an opposite cycle!). We will discuss this difficult seasonal experience and explore what might be helpful to address it as we enter into another winter.

Supporting someone with Anxiety and Depression

Tuesday November 6 | 6pm—8pm

Supporting a loved one suffering from anxiety and depression can be frightening, difficult and confusing. This workshop will be an opportunity to speak to others sharing the same struggle as a support-person, to receive professional guidance and some much-needed support for you .

Trauma

Wednesday October 24 | 6pm—8pm

When life gets complicated, and it does when we play many different roles—workers, parents, spouses, friends and caregivers—we need to make room in our lives for taking care of our own physical and mental well-being. Not surprisingly, achieving balance among all those competing priorities is difficult. This workshop will help you develop strategies to find greater balance.