

# Winter Workshops 2022

To register for online workshops, click "ZOOM" to open registration link. For Onsite workshop registration and for any questions contact (519) 743-6333.

## Happiness

During difficult times, the idea of happiness sometimes feels beyond our reach. However, positive psychology is a growing field of research that has been identifying evidence-based ways for improving happiness. In this interactive workshop, we will learn about this research and explore new ways to boost our happiness levels.

**Thursday January 27<sup>th</sup> 2022. 7:00pm – 8:00pm. [ZOOM](#)**

## Impacts of Trauma

Trauma refers to an experience that completely overwhelms our ability to cope. Many of us experience traumatic events and carry the psychological scars. The impacts of trauma can make day-to-day life and relationships very difficult. We will discuss trauma's impacts on the brain and how it functions, some ways to cope with the impacts and heal from trauma.

**Monday February 28<sup>th</sup> 2022. 6:30pm – 8:00pm [ZOOM](#)**

## Confident Me: The Self-Love Workshop

In a world that constantly tells young people how they should look and has a narrow definition of 'beautiful', how can we help them value their unique beauty and stay true to themselves? This one-time PA day event for female-identified youth aged 10 - 12 yrs. will focus on raising body confidence, navigating social media, and realizing their unique strengths. Through a combination of fun activities, games and art, participants will leave feeling more confident and proud of who they are.

**Friday March 18<sup>th</sup>, 2022 (March Break) 9:30am – 3:30pm.  
Onsite at 400 Queen. Lunch will be provided.**

