

Scarborough Academic

Family Health Team



Avoiding Holiday Meltdowns



Surviving The Holidays

Isolation, grief, over-spending, and family dynamics are among the challenges that can cause depression and anxiety during the holiday season.

In this workshop you will develop skills and a plan to better manage holiday stress.

**Stressed out about
the upcoming
holidays?**

You Are Not Alone

Join our workshop on

Thursday

November 23, 2017

1:00-3:00pm

Scarborough Academic
Family Health Team
2330 Kennedy Road
Suite 320

Scarborough, ON M1T 0A2
(Kennedy Rd/Sheppard Ave)

**FREE 2 HOUR
WORKSHOP**

Space Limited! Register at (416) 690-5180 or booking@safht.ca

