

# Free Online Workshops

## D-Stress: learn to identify and manage stress

This free, 2-hour workshop includes a basic discussion about stress, and how we can recognize personal stress signs. Several coping skills and strategies are explored, and participants will come away with a personal stress reduction action plan.

This workshop is delivered online via Zoom. (available on smartphones, tablets, and computers).

### Upcoming workshops

Thursday, May 30, 2024	6:30 pm – 8:30 pm	<a href="#">Register for May 30</a>
Thursday, August 15, 2024	1:30 pm – 3:30 pm	<a href="#">Register for Aug 15</a>
Wednesday, September 25, 2024	10:00 am – 12:00 pm	<a href="#">Register for Sept 25</a>
Wednesday, October 23, 2024	6:30 pm – 8:30 pm	<a href="#">Register for Oct 23</a>
Wednesday, November 27, 2024	10:00 am – 12:00 pm	<a href="#">Register for Nov 27</a>

If you have questions about the D-Stress or need support to register, contact:

[MentalHealthPromotion@ahs.ca](mailto:MentalHealthPromotion@ahs.ca)

Additional resources are available, visit: [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes)