

AMH Free Virtual Workshop

De-Stress: learn to identify & manage stress

D-Stress is an interactive workshop that focuses on stress and how we can recognize when it becomes a problem for our health. Participants will learn ways to identify and manage stress through this free online workshop and come away with a personal stress reduction action plan, which may include stress management techniques.

Where: Delivered online (via smartphone, tablet, or computer)

When: Register for one of the following dates available

- **Thursday, January 25 from 6:30 p.m. to 8:30 p.m.**
Register in advance for this webinar: [Register for January 25](#)
- **Wednesday, February 21 from 10:30 a.m. to 12:30 p.m.**
Register in advance for this webinar: [Register for February 21](#)
- **Tuesday, March 19 from 1:30 p.m. to 3:30 p.m.**
Register in advance for this webinar: [Register for March 19](#)
- **Wednesday, April 10 from 6:30 p.m. to 8:30 p.m.**
Register in advance for this webinar: [Register for April 10](#)
- **Tuesday, May 14 from 10:30 a.m. to 12:30 p.m.**
Register in advance for this webinar: [Register for May 14](#)
- **Thursday, May 30 from 6:30 p.m. to 8:30 p.m.**
Register in advance for this webinar: [Register for May 30](#)

If you have questions about the D-Stress or need support to register, contact: MentalHealthPromotion@ahs.ca

Additional resources are available, visit: www.ahs.ca/helpintoughtimes.