

MANAGE STRESS. GIVE YOUR NERVOUS SYSTEM A REST.

THURSDAY'S IN FEBRUARY 2:00PM-3:30PM

4 WEEK VIRTUAL GROUP 18+

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RESET | BOOK CLUB

SKILLS GROUP +

Manage Stress. Give Your Nervous System a Rest.

ConnectWell
COMMUNITY HEALTH

MAKING SENSE OF STRESS & OUR NERVOUS SYSTEM

ONLINE THURSDAYS · 2:00–3:30 P.M.

FOUR WEEKS IN FEBRUARY 2027

No need to drive to group this winter. Pour yourself a warm coffee or tea, get comfortable, and join us online.

Using a workbook as our guide, we'll explore how stress shows up in our bodies and minds, how our mindset can shape the way we respond, and what helps us feel steadier. We'll use ideas from polyvagal theory to make sense of our stress responses and practice simple skills for regulating our nervous system fight, flight, freeze responses.

This group is for adults 18+ who are able and willing to participate in a group setting. Sessions focus on learning and practicing skills, with time for guided discussion and reflection.

FACILITATED BY KRISTY DAHMS

REGISTERED PSYCHOTHERAPIST

www.connectwell.ca | (613) 646-0420

REGISTER HERE FOR GROUP SCREENING

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