

The Mental Health Team, together with the York Catholic Parent Involvement Committee, invite you to:

Surviving the Holidays:

stressful
The most ~~wonderful~~ time of the year?

Presented by

Pine River Institute's Centre for Family Initiatives

Thursday, December 9th

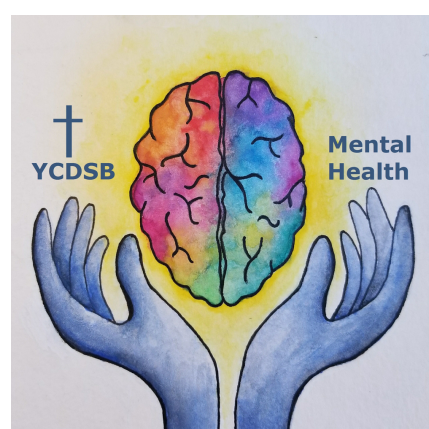
7:00-8:00 p.m.

Everyone needs a break after the year we've just had, yet for many of us, the holidays become another stressor, rather than a time for us to relax and enjoy time with family. Expectations of yourself and others can create tensions in the family, and poor sleep, diet, and lack of routine, can escalate the anxiety felt around the home.



Presenter:
Amanda Lamb
CFI Director

Recognizing that things may look different this year, we can cultivate peace and wellness over the holidays so we can focus on what is really important, spending time with the people we love. Learn about expectations vs. reality, managing stress in children, and yourself, and navigating difficult family dynamics.



Register here