

Young Adults Online Workshops

April 2021

	Tuesday	Wednesday	Thursday	Friday
			1	2
	6 <p>Open to All Magic Show 1:00pm - 2:00pm Join Zoom Meeting https://us02web.zoom.us/j/81082936904 Meeting ID: 810 8293 6904 6475580588</p>	7 <p>Open to All Dynamic Communication 1:00pm - 2:00pm Join Zoom Meeting https://us02web.zoom.us/j/83820364304 Meeting ID: 838 2036 4304 6475580588</p>	8	9
	13 <p>CMHA A conversation about Mental Health 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/87624946648 Meeting ID: 876 2494 6648 647 374 4685</p>	14	15 <p>Skill Building Thursday: Health & Safety 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/85950312477 Meeting ID: 859 5031 2477 647 374 4685</p>	16
20	20 <p>Gut and Brain Access 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/83951450982 Meeting ID: 839 5145 0982 647 558 0588</p>	21	22 <p>CMHA Health Anxiety Essentials 11:00am-12:00pm Join Zoom Meeting https://us02web.zoom.us/j/84393159496 Meeting ID: 843 9315 9496 647 374 4685</p>	23
27		28 <p>Job Searching 1:00pm-2:00 pm Join Zoom Meeting https://us02web.zoom.us/j/86118452994 Meeting ID: 861 1845 2994 647 374 4685</p>	29	30 <p>Open to All Fun Friday 1:00pm - 2:00pm Join Zoom Meeting https://us02web.zoom.us/j/87267287334 Meeting ID: 872 6728 7334</p>

Easy Fitness

Join us on Tuesday for an energetic workout that pairs with easy movements, exercises and breathing techniques.

Wellness Wednesday: Maintaining Mental Health Series

Programs are designed to foster the development of healthy habits and lay the groundwork for participants to lead a balanced and healthy lifestyle.

Fun Friday

It's time to take a break and have some fun! Join us on Friday for interactive and fun activities to help you get through home-isolation

Gut and Brain Health

Join us and Naturopath Dr Neha where she will be talking about the correlation between gut health and brain health for a 1-hour session.

Skill Building Thursday

The main objective of this session is to review strategies to use to stay healthy and active during the pandemic and how to keep yourself safe when you leave the house.

Health Anxiety Essentials

COVID 19 and Anxiety, Anxiety Crisis, what is the Cognitive Triad? Thoughts, Feelings, Actions & Interrupting Negative Thoughts

Job Searching

This workshop will include practical tips when looking for a job, where to look for jobs, and other helpful ideas during the application process.

Dynamic Communication

This workshop will teach one how to prepare and deliver with clarity as well as speak and communicate effectively.