



Find **holidays** overwhelming?

Join our **Reducing Stress with Self-Care**
workshop on Tuesday, November 27, 2018

This workshop goes through different holiday/everyday stressors
and effective tools to make it through the holiday season.



6:30PM - 8:30PM

Available in **Estevan** to those 18 years and older.
Please call the office to pre-register.

FIND
US ON:



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