

# BEINGWELL.

Our mental health matters

## MIND BODY RENEWAL SERIES

These free educational sessions will be open to the general public. Each session is self-contained (1½- 2 hours) and will provide handout materials.

COME TO ONE OR ALL SESSIONS  
Wednesday evenings, 6:00 to 8:00 pm, starting on March 24, 2010  
Dawson Centre, Level 2, Conference Room  
197 Dufferin Street, Bridgewater

SESSION	NAME
Managing Depression March 24, 2010	Dr. George Buranyi, Psychologist
Dealing with Loss March 31, 2010	Mary Catharine McDonnell, Clinical Social Worker
Understanding Anxiety in Adults April 7, 2010	Michael Fowler, Psychologist
Introduction to Mindfulness Meditation April 14, 2010	Sharon Driscoll, Clinical Social Worker
Stress Management April 21, 2010	Dr. George Buranyi, Psychologist
Emotional Freedom Technique April 28, 2010	Dr. Margaret Bayer, Community Mental Health Nurse
Deep Relaxation May 5, 2010	Maria MacKenzie-Cann, Community Mental Health Nurse
Problem-Solving Skills May 12, 2010	Michael Ross, Clinical Social Worker
Self-Esteem May 19, 2010	Jonathan Fourdraine, Clinical Social Worker
Healthy Relationships May 26, 2010	Jonathan Fourdraine, Clinical Social Worker

**Cancellations:** In the event of unsafe driving conditions, the session will be cancelled.

**No registration is necessary.**

**If you would like further information please call (902) 543-4604, ext. 2320**