

STRESS MANAGEMENT

Wednesday, May 27, 2026

1:00 pm - 3:00 pm



Facilitated by Unison's Social Work Team and the Diabetes Education Program.

TOPICS INCLUDE:

Symptoms of Stress
Stress response stages
Types of stress
Journaling

Mindfulness
Healthy Habits
and many more

Pre-registration::

Call 416-787-1661 ext. 3303 or email
info.dep@unisonhcs.org or scan QR code

Location:

Unison LH Site, Group Rooms (3rd Flr)
12 Flemington Road, Toronto, ON M6A 2N4

SCAN ME

