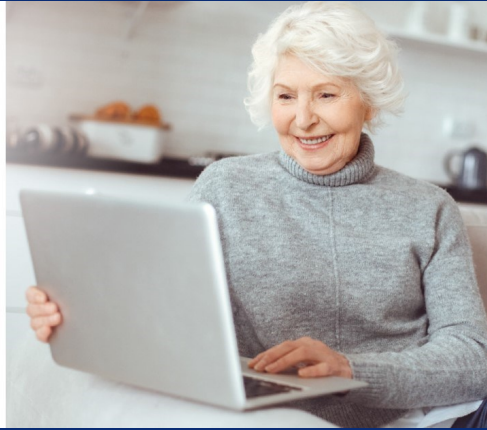




**COMMUNITY  
AT HOME  
VIRTUAL  
WORKSHOPS**



# Free Virtual Workshops

## REGISTRATION IS REQUIRED FOR ALL PROGRAMS

Please email **Linda Moyer** at [admin@grcoa.ca](mailto:admin@grcoa.ca)  
or call **519-754-0777 ext. 439** and leave a message.

All workshops will be presented online. Registrants will receive a ZOOM access link through email the day before the scheduled workshop.

### Coping with Re-Entry Anxiety

**Wednesday, May 18, 2022**

**Time:** 10:00 a.m. to 11:00 a.m.

Join Lill Petrella, of *CMHA Brant*, to learn what re-entry anxiety means, and tips to manage the feelings of unease, nervousness or worry about participating again in social activities that were paused over the last two years due to COVID-19.



**Canadian Mental  
Health Association**  
Brant-Haldimand-Norfolk

### Supporting the Struggling Youth in our Lives

**Wednesday, June 1, 2022**

**Time:** 10:00 a.m. to 11:00 a.m.

Join Kelly Bryant and Nicki Straza, from *Woodview Mental Health and Autism Services*, to discuss how family and friends can provide support for children and youth struggling with their mental health. Identify the warning signs, discover helpful resources, and learn tools to improve communication and support.



**Grand River  
Council on Aging**  
*Creating a Community for a Lifetime*

***The Community at Home workshop series is designed, by volunteers, to encourage socialization, participation, and community connections, while creating awareness about topics and issues of interest.***

**Did you miss a workshop?** Go to our website at [GRCOA.CA](http://GRCOA.CA) to access links to past Community at Home Virtual Workshops!

Subscribe to our newsletter at [www.GRCOA.ca](http://www.GRCOA.ca)