

# Coping with Stress and Anxiety During Pandemic



**February 25, 2022  
3:00 pm - 4:00 pm**

**Outbreaks can be stressful. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions. Join this on-line session and learn about:**

- Helpful strategies for worrying thoughts
- Dealing with stress and anxiety during pandemic
- How to help a family member with increased anxiety due to COVID-19
- Free resources will be available to you on-line & locally

**For more information, please contact:**

**Sona Rouhandeh, Settlement Counsellor  
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**519-999-6583**

**Registration Information: Zoom – A link with a password will be sent to registrants a day prior to the session**



**Client Eligibility:  
Permanent Resident, Convention Refugee**



Immigration, Refugees  
and Citizenship Canada

Immigration, Réfugiés  
et Citoyenneté Canada

*All of our programs & services are available at no  
cost to eligible clients.*