



# Stress & Anxiety

## Managing through understanding

**When:** Tuesday, March 24, 2020, from 6:30 - 8:00pm

**Where:** **Amphitheatre, Jeffery Hale Student Centre**  
**CEGEP St. Lawrence**

790 Nérée-Tremblay, Québec, G1V 4K2

Free Parking: Enter via rue Nicholas Pinel (do not park at the Pyramid)

Join clinical psychologist **Nathalie Bertrand** to learn about stress and anxiety:

- The differences between stress and anxiety
- Short and long term strategies for managing stress
- Understanding anxiety
- Resources: books, videos, apps
- Where to get support when you need it

For more information or to register, please contact:  
Ellie Fleming, 418-684-5333 ext.1265 or [efleming@jhpartners.net](mailto:efleming@jhpartners.net)