

Self-Care & Stress Management Workshop for Women

Come join us for a workshop on tips and practices for self-care and how to effectively manage stress.

**WHERE: TNO - The Neighbourhood Organization
1 Leaside Park Drive**

WHEN: Tuesday February 26th, 2019

TIME: 4:30pm

This workshop will be hosted by Caitlin from The Redwood. Childcare and refreshments will be provided!

Please RSVP & advise if you will require childcare.

Natalie DiFonte, CEEW Program Facilitator
416-467-0126 ext. 268
ndifonte@tno-toronto.org