



YWCA JUMP is an exciting program for newcomer women, girls and gender-diverse people over the age of 13, who are permanent residents, convention refugees or live-in caregivers with temporary work permits. *(Must provide documentation of record of landing.)*

222 Dixon Road, Suite 207 | Etobicoke, ON M9P 3S5

416.964.3883 | ywcatoronto.org/jump |     

BEATING THE WINTER BLUES

How to cheer up when the skies are grey



February 14, 16, 21, 27 2023 | 10: 30 A.M. – NOON

[Click here to register](#)

During the winter months the shortened days, minimal sunlight and bad weather can change our mood and make us as gloomy as the dark skies above. Our energy drops, and we get the “winter blues”.

Learn how to deal with the “winter blues” also known as Seasonal Affective Disorder (SAD) and make the most out of your winter season. Take control of winter, do not let it control you. This four-part series covers topics such as:

- How to improve your mood with food.
- Boosting your energy naturally.
- Dieting and lifestyle tips.
- Regulating our nervous systems.
- How to practice self-care.

* Participants will require access to a computer (preferably with camera) and internet connection.

* Your Permanent Resident card or immigration documentation will be required to register.

* Space is limited. LINC Level 4+

[Session details continued on page 2](#)

For more information, please contact us: jumpetobicoke@ywcatoronto.org or **416. 964.3883**

To comply with Public Health directives and preserve the safety of clients and staff, we will be offering a combination of online, in-person and blended learning programs.

Staff remains available to serve you via phone, video-conferencing or email.

**Please note: due to funding criteria, we are unable to serve Canadian Citizens and Refugee Claimants at this time.*



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BEATING THE WINTER BLUES SESSION DETAILS

Improving Mood with Food – February 14, 2023

- What is Seasonal Affective Disorder.
- How food impacts our mood.
- Nutrition to reduce stress and improve our mood - 4 Pillars.
- Foods to focus on and reduce.
- Supplements and herbs to calm anxiety and boost mood.
- Eating healthy while saving money.

Boosting Energy Naturally - Diet & Lifestyle Tips - February 16, 2023

- The importance of sleep and tips for a more restful sleep.
- The importance of movement and incorporating mindful movement.
- Foods to naturally boost energy.
- Practice during the session: Body Scan Meditation.

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Loving Our Nervous System - February 21, 2023

- Why our nervous system is the key to overall health.
- Regulating our nervous system - a bottom-up approach.
 - Movement
 - Vagus Nerve Activation
 - Breathwork
- Practice during the session: Visualization practice - Safe place.

Self-care Practices - February 27, 2023

- What is self-care and the importance of practicing self-care.
- Self-care during challenging times.
- Eleven ways to incorporate self-care.



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