



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 |     

STRESS: WHY IT HELPS!

Learn how to use stress to your advantage and gain control



PHOTO:
GEORGEHULLCENTRE.CA

February 23, 2023 | 10a.m. - noon

[Click here to register](#)

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.*

YWCA JUMP has invited guest speakers from George Hull, an organization well known for promoting mental health and assisting individuals in achieving mental wellness to help us understand stress. This workshop will discuss and explain how stress impacts adults, and how we can cope with stressors in day-to-day life.

Topics covered include:

- The differences between stress and anxiety
- The harmful and positive effects of stress on our bodies
- How we can avoid the negative aspects of stress, and turn it into something positive
- Our natural response to stress

For more information, please contact us at **416.964.3883** or jumpetobicoke@ywcatoronto.org



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