



## **September to December Semester Program Descriptions**

1. **Understanding Worry, Stress, and Anxiety (In-person and virtual learning)**  
Students will learn what Worry/Stress/Anxiety are and how they are connected, as well as concrete skills to help ease anxiety and build assertiveness. This 6-week course runs weekly from September into October.
2. **Living A Healthy Life With Chronic Pain (Virtual Only)**  
This is a free and interactive self-management program being hosted by South West Self Management where managing pain is discussed through the use of various coping skills for better pain management and improved quality of life, for those living with, or those caring for, someone with chronic pain. This 6-week weekly workshop runs from September through October.
3. **Living A Healthy Life With Chronic Conditions (Virtual Only)**  
This is a free and interactive 6 week Chronic Disease self-management program where managing chronic health conditions is discussed. Through the use of various coping skills, you will learn how to better care for yourself and your condition. This workshop runs from September through October.
4. **Afternoon Chat (Virtual only)**  
Students will participate in a check-in atmosphere where there will be light discussion on decided or undecided topics. This will run for the full semester once every other week beginning in September, through December.
5. **W.R.A.P. (Wellness Recovery Action Plan) (In-Person Only)**  
Students will learn how to create an action plan for crisis situations or for when they are going off-course in their recovery journey. This course runs for 6-9 sessions, depending on the group, during November and December.
6. **Sharing Your Story (In-Person and Virtual Learning)**  
Students will be given the opportunity to work through writing their story and presenting it to the class, to become comfortable with talking about their story and gain experience with public speaking in a safe environment. This course runs every other week through November and December.
7. **Women's Trauma: Information and Support (In-Person and Virtual Learning)**  
In this course, women who have been affected by trauma will join together to learn about its effects and share coping skills. This 6-session course runs from November into December.

**To register for courses or for more information,  
call 519-371-3642 ext.1229**