

Coping with Stress

Brought to you by the Organizational Health Dept

Presented by Chimène Jewer, M.Sc., Registered Psychologist



Please join us for a fun, informative lunch time workshop on managing stress. This workshop will cover a variety of topics, such as the causes of stress, the physical and emotional symptoms of stress, as well as useful strategies you can learn use to better manage the stress in your life.

Bring your lunch, a friend and join us for this introductory session to learn how to cope with stress.

When	Where	Time
Tuesday, Feb 19 th	Dickson Building, VG Site Room 5110	12:30pm- 1:15pm
Monday, March 4 th	Dartmouth General Hospital Boardroom 1608	12:15pm- 1:00pm
Monday, April 22 nd	Halifax Infirmary, Royal Bank Theatre (<i>telehealth sites to be confirmed</i>)	12:15pm- 1:00pm

***Please RSVP to holly.dempsey@cdha.nshealth.ca**

Can't make one of the above sessions? Contact Chimène – she may be able to do a session for your work area (902) 404-3888 or chimene.jewer@lifemark.ca

Chimène Jewer, M.Sc., is a Psychologist with LifeMark Sports Medicine & Health Centre. Ms. Jewer was trained in Cognitive-Behavioural Therapy (CBT) and specializes in clinical and health psychology. Ms. Jewer takes a biopsychosocial approach, which means that biological as well as psychological factors like thoughts, emotions, and behaviors, and other social factors, can all contribute to human health and illness.