

# ANXIETY HEALING JOURNEY



**Offering anxiety information sessions from the comfort of home.**

This program aims to help participants understand:

- Impact of anxiety on your body
- Healthy anxiety versus unhealthy anxiety
- Various types of anxiety
- Skills and strategies to help cope

Each session is 15 minutes to 1 hour.

20 spots are available, with a wait-list for winter sessions.

**Contact Katelynn Luymes to register or learn more:**

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The Confederacy of Mainland Mi'kmaq