

ADULTS

The Joy of Stress and Anxiety



<http://www.magic4walls.com/wallpaper/silhouette-girl-jumping-and-dancing-with-umbrella-on-sunset-in-meadow-freedom-and-happiness-concept-44438.html>

WEDNESDAY, MARCH 1, 2017 | 6:30 - 8:00 PM

Brighthouse Branch, Community Place, registration required

- Is stress and anxiety keeping you from enjoying and moving forward your life?
- Are you feeling anxious about your future?
- What does stress and anxiety look like?
- Find ways to transform your stress and anxiety into peace and joy.

Ginny Wong is a registered clinical counsellor with a Master's Degree in Counselling, with over 20 years of experience as a community-based social worker serving immigrants and refugee claimants in Metro Vancouver. Her clients come from all cultural backgrounds facing various immigration and life challenges.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.