

# Wellness Information Session

## Wellness at Work

Whether starting a new job, returning to work, or currently employed, learning to manage work-related stress impacts our personal and work lives.

Join us online  
Tuesday,  
August 11, 2021  
1:30pm -3:00pm

**REGISTER NOW**

Register for the Wellness at Work Information Session to:

- Identify the impacts of mental health and wellness on our personal and work lives.
- Learn strategies for self-care.
- Discuss ways to manage workplace stress whether you are currently working or preparing to enter the workplace.



**Welcome Centre - Pickering**  
1400 Bayly Street, Unit 5  
Pickering, ON L1W 3R2

Toll-free: 1-877-761-1155  
[www.welcomecentre.ca](http://www.welcomecentre.ca)

For more information:

Phone :1-877-1155 or 905-420-3008

or email: [jswinfo@unemployedhelp.on.ca](mailto:jswinfo@unemployedhelp.on.ca)



*Welcome Centre Lead Agencies:*

*Ajax - Community Development Council Durham*

*Pickering - Durham Region Unemployed Help*

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