

Wellness Workshops

Presented by Wetaskiwin FCSS & Storybrook Therapy

The following workshops are offered at the Manluk Centre from 6:00-8:00 p.m.

Wed, Jan 17- Transitions: Positively adapting to loss and change in life

Understand the impact of change and learn strategies for moving forward after any type of transition (death, divorce, illness, aging, job change, moving, etc.)

Wed, Feb 21 - Better Boundaries: Take control of your life through “Yes” & “No”

What does it look like to set boundaries and still be loving? Learn to take care of your physical, emotional, and mental boundaries kindly and without guilt.

Wed, Mar 14 - Understanding Anger: Techniques for managing anger & communication better

What effect does your anger have on your loved ones and on you? Learn about the brain, the body & anger and tools to manage anger & communicate better.

Wed, Apr 11 - Preventing Isolation in Seniors: Social connection as a key to wellness.

Join us as we explore the vital importance of social connection for seniors and create a personalized plan to connect. For seniors, family, and caregivers.

To Register please call Wetaskiwin FCSS @ 780-361-4425 or

Email to rhonda.morgan@wetaskiwin.ca



Storybrook Therapy is a counselling practice with a special focus on grief, loss, seniors and end of life, offering general counselling to individuals and families. We also help people write their life stories, making a legacy document, so the stories that matter most can be remembered for generations

For more information go to storybrooktherapy.com

