

**VIRTUAL GUEST SPEAKER:**  
**Facilitator from Canadian Mental Health Association**



Canadian Mental  
Health Association

# Managing Stress While Job Searching

**November 28th, 2022**  
**1:00 pm - 2:00 pm**

A follow-along presentation and discussion platform to explore various ways to manage stress while preparing to job search, during job search, and once employed. This session includes techniques and strategies to manage and cope with stress so that a productive and successful day-to-day can be achieved.

## REGISTER AT

[https://www.cognitofrms.com/  
CanadianMentalHealthAssociationYorkRegion/  
HowToManageStressWhileJobSearching](https://www.cognitofrms.com/CanadianMentalHealthAssociationYorkRegion/HowToManageStressWhileJobSearching)

**QUESTIONS, CONTACT US TODAY**  
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