



## NOVEMBER 2021 MENTAL HEALTH WEBINARS

COVID-19 has impacted our sense of uncertainty, and caused sudden unexpected changes to our routines, isolation, and loss. We hope this webinar series will support the mental well-being of our patients.

To register for the webinars, [click here](#).



### BALANCING YOUR EMOTIONS

WED, NOV. 3, FROM 5:30 P.M. TO 7:00 P.M.

Relentless stress and significant challenges can wreak havoc on our nervous system and lead to symptoms of anxiety, depression, guilt, hopelessness, and disconnection. Challenges related to balancing your emotions are a normal reaction to an abnormal amount of stress. This webinar will help you to learn ways to get back into a state of balance and coherence using your mind and body.

FACILITATED BY ANSEH DIBAJI, MSW, RSW

NOV  
3



### IMPROVING YOUR SLEEP

WED, NOV. 10, FROM 5:30 P.M. TO 7:00 P.M.

Uncontrolled stress, worrying, loss, and uncertainty often disrupt our sleep, sometimes causing insomnia. Insomnia refers to a persistent difficulty with falling asleep, staying asleep or having poor sleep quality that leads to feeling chronically tired. This webinar will help you learn about techniques proven to help relieve insomnia and improve sleep quality.

FACILITATED BY ANSEH DIBAJI, MSW, RSW

NOV  
10



### PRACTICING MINDFULNESS AND SELF-COMPASSION

WED, NOV. 17, FROM 5:30 P.M. TO 07:00 P.M.

Being human means experiencing pain, loss, failure, and suffering. Learning how to pay attention with mindful awareness to the present moment can help us untangle from rehearsing or rehashing negative experiences. Mindfulness is a first step in practicing self-compassion. This webinar will help you learn the practices involved in facing challenges with self-compassion and increased resilience through mindfulness.

FACILITATED BY MARLIE STANDEN, MSW, RSW

NOV  
17



### HOW TO ASK FOR HELP

WED, NOV. 24, FROM 5:30 P.M. TO 7:00 P.M.

According to the World Health Organization, the leading cause of disability worldwide involves mental health disorders. It can be challenging to ask for help and know how to have an open conversation with health-care providers about feelings, thoughts, and behaviours related to mental health. This webinar will walk you through how to have this conversation and will offer practical information about mental health supports available at Taddle Creek and in the community.

FACILITATED BY MARLIE STANDEN, MSW, RSW

NOV  
24

Each webinar will have an experiential component, such as a mindfulness, breathing or grounding practice and end with a 30-minute Q&A.

**Note:**  
The first hour of all webinars will be recorded.  
The 30-minute Q&A at the end will NOT be recorded to protect patients' privacy.  
The recordings, handouts and other materials will be posted on [taddlecreekfht.ca/patients/healthcare-resources](https://taddlecreekfht.ca/patients/healthcare-resources).

### REGISTRATION REQUIRED

To register for the webinars, [click here](#) or visit [taddlecreekfht.ca/mental-health-webinars](https://taddlecreekfht.ca/mental-health-webinars)  
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