

wellness matters

FREE WEBINAR SERIES - SPRING 2021

The new webinar format for our wellness talks was a result of COVID-19, but it has proved to be a perfect format for connecting with more people in our community. We are pleased to announce that our Fall/Winter 2020/21 wellness matter series, including 25 webinars covering a wide range of topics, is now available for viewing on our website!

Please join us for one of our fall/winter wellness matters live webinars...

Julie Ketel

**Nurturing Resiliency
Through Creative Expression**

March 4 | 7:00pm

Amy Wolgemuth

Self-care for helping professionals

March 15 | 7:00pm

Sara Brooks

Music and Mental Wellness

April 20 | 7:00pm

Courtney Hooper

Your Teen and Their Anxiety

May 3 | 7:00pm

Libby Kostromin

Let's talk about death, shall we?

May 10 | 7:00pm

Olive Okraku

Trauma and Resilience

June 15 | 7:00pm

Each webinar is 60min and will include a talk and Q&A.
Participants will be able to ask questions through a chat feature.

For more information and to register, visit www.riversedgecounselling.com. Information about our therapists and our counselling services for adults, children, teens, couples & families, is also available on our website.

Contact: info@riversedgecounselling.com 780-460-0022 (call or text)