



**Providence  
Health Care**

How you want to be treated.

# Adler Community Health Services

## Winter 2024 Webinar Series

Your Adler Wellness Team will be holding space for people to learn and discuss various topics on mental health and wellbeing. We understand the darker and colder days of winter time may be more challenging to maintain a healthy mindset. With this in mind, we have created our latest series to help promote positive mentality and overall wellness.

### Webinar Information:

- **Monday February 26th, 2-3pm:**  
*Managing Emotions Through a Dialectical Behaviour Therapy Lens*
- **Monday March 11th, 2-3pm:**  
*Finding Strength in Struggle: A Distress Tolerance Webinar*
- **Monday March 25th, 2-3pm:**  
*Healing from Within: Strategies for Healthcare Professionals Coping with Anxiety*

To register to for one or all of the topics, please use the following link: <https://forms.gle/pRtsAYemzU1K6mrU6>

Each webinar will be hosted on Zoom. To ensure privacy, participants' video and audio will be disabled during the webinar. Participants may interact with each other through the

