

Stress Busters

**Refreshments
Provided**

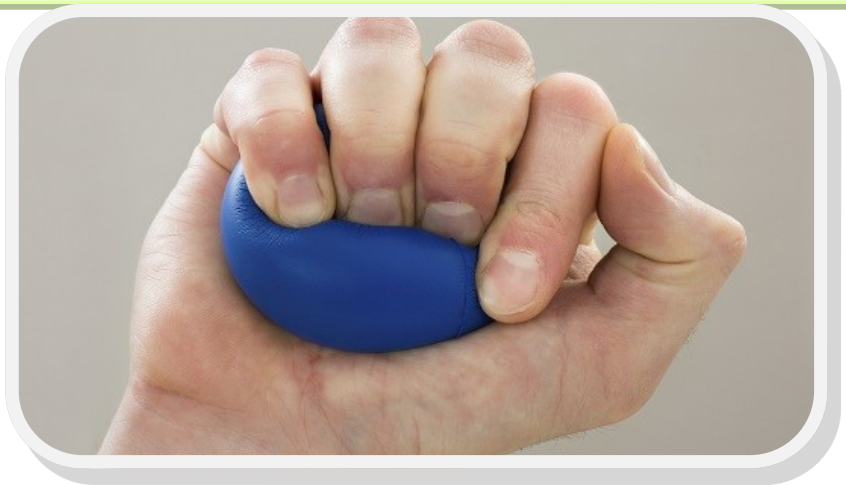
**CAF Members and
Families Welcome!
(18+ yrs)**

**Niagara Falls Armoury
5049 Victoria Ave
Niagara Falls, ON**

**Facilitated by:
Amy Doelman,
Health Promotion
Manager**

Topics Include:

- **Understanding Stress**
- **Action Planning**
- **Tactical breathing**
- **CAF & Community Resources**



**Monday June 10, 2019
7pm - 8:30pm
Niagara Falls, ON**

Please register by calling:
905-972-4000 x6623 or
Donna.pickering@forces.gc.ca
No later than **3 June 2019** to
reserve your spot.