

# The Wellness Centre

## MIND Matters:

### Dealing with Anxiety and Depression

#### Our Mission

is to support, educate and empower those who are affected by or caring for a person with a life-threatening illness.

#### Our Vision

- An "oasis" of peace and comfort supporting the whole person with respect, compassion and empathy.
- A trusting and accessible place to all people.
- Committed to leadership and innovation in supportive care.

#### Thanks

to the generosity of our community we are able to provide you with programs and services free of charge.



The Hospice of Windsor and Essex County Inc.  
L'Hospice de Windsor - Essex Inc.

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[www.hospicewindsorsex.com](http://www.hospicewindsorsex.com)



People who face a diagnosis of cancer, or any life-threatening illness, will experience different levels of **stress** and **emotional upset**. At times, the stresses of physical and emotional changes, the illness, providing care and loss can bring about feelings of **anxiety** and **depression**.

This is a 4-session educational series for persons living with a life threatening illness and dealing with anxiety and depression. Each evening will deal with the following topics:

1. Coping with a life-threatening illness.
2. Coping with anxiety.
3. Coping with depression.
4. Coping with the unknown through learned strategies.

**Dates:** Please call for next series dates and time.

**Leaders:** Katie Nanson, M.S.W., R.S.W.  
Alex Katzenberger, M.S.W., R.S.W.

**Location:** Dolphin Room at the Wellness Centre

**Contact:** Pre-registration is required. Maximum participants is 15. Please call Linda Sabatini, at 519-974-2581 Ext 2202.