








YWCA JUMP is an exciting program for newcomer women, girls and gender diverse people over the age of 13 who are permanent residents, convention refugees or live-in caregivers with temporary work permits. Must provide documentation of record of landing.

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UNDERSTANDING STRESS AND SLEEP

Facilitated by the Self-Management Program Central East



Photo by [bruce mars](#)
on [Unsplash](#)

Tuesday, March 26, 2024 | 10 – 11:30a.m.

3090 Kingston Road, Suite 205 ([MAP](#)) | [Click here to register](#)

Understanding Stress and Sleep is a free 1.5-hour interactive workshop to help better manage one's health.

During this workshop, participants will:

- Learn myths about sleep.
- Receive tips on how to get a good night's sleep.
- Learn about common signs of a sleep disorder.
- Learn how to manage stress.

**TTC tokens will be provided.
Please note that spaces are limited.**