

PRESERVING YOUR MENTAL HEALTH : TIPS AND TRICKS

- Description -

This workshop on mental health, open to CRIR students, will be given by a psychologist who will provide us with tips and tricks to take care of our well-being and maintain good mental health. Bonus: a yoga session to remind us to refocus on ourselves!

- Save the date -

Friday, March 11th, 2022
from 2.30 pm to 5 pm

- Registration Required -

<https://bit.ly/3s3wXQs>

- Online workshop -

<https://us02web.zoom.us/j/6048832834>

Meeting ID : 604 883 2834

Tel : 438 809 7799 Canada

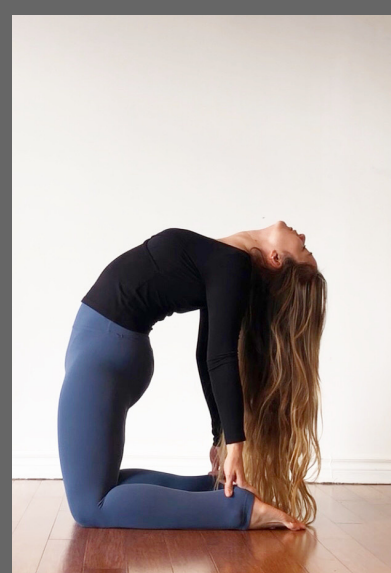
*This workshop won't be recorded.

*Workshop in French with live translation of key points. Yoga session in English.

GUEST SPEAKERS



Caroline Janelle, Ph.D., is a psychologist and coordinator of the chronic pain adaptation clinic at the Centre de réadaptation Lucie-Bruneau. With a Ph.D. in psychology research/intervention, she has experienced first-hand the challenges associated with graduate studies. Coping skills and resilience are at the heart of her passions and clinical interests.



Béatrice Ayotte has been teaching yoga since 2014. She considers this practice to be more than just physical movement, but rather a powerful transformational tool for both the individual and the collective. Besides her teaching, she also has a Bachelor in Kinesiology and is currently a Master student in Neuroscience at McGill University. Through her studies, she hopes to make the practice of yoga accessible to the greater amount of people possible.

"Sometimes, it's like being in 4th place at the Olympics. You're almost there, but never really..."

[Anonymous]

"We are constantly putting out fires around us, but there are always new ones popping up."

[Anonymous]

Workshop
CRIR Student Committee