



# Emotional First Aid

Emotional First Aid shares simple techniques to help you feel calmer, and manage the effects of stress and trauma.

Learn how stress affects your body and what you can do about it! I'm offering two sessions - this Thursday at 7:30 pm and Tuesday Feb. 23 at 9:30 on Zoom, and you can find the links below.

Thursday evening session - <https://www.eventbrite.ca/e/141382397557>

Tuesday morning session - <https://www.eventbrite.ca/e/141628884807>

We can all use some relief, and in this free interactive event, you'll take home lots of simple and effective resources you can use right away and share with people you love.

(The replay will be available on my website after the class!)

Presented by Christine Ball  
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