



Kingston Community
Health Centres
Centres de santé
communautaire de Kingston

FREE 2 HOUR WORKSHOP

for adults living with any chronic condition,
their family members and caregivers

ABC Health: Managing Stress with a Chronic or Rare Disease

All about handling stress when living with a chronic or rare disease. We'll share tips and support to help you feel more in control and less overwhelmed. Don't miss out on this chance to connect and recharge!



Join us online via Zoom

Workshop topics include:

- ABC Health Matters empowers Canadians to manage their health more effectively by increasing your confidence when talking about and making decisions regarding health issues with family, friends and health professionals.
- Develop a deeper understanding of how to advocate for you and your family's health and better understand how to access health care.

Register today

Online: kchc.ca/programs/regional-self-management-program/ or
Email: selfmanagement@kchc.ca



Workshop date November 11, 2026
Space is limited.

