

EMOTIONAL WELL-BEING AND **RESILIENCE PRACTICES**



WITH

Dr. Davidicus Wong
Burnaby Family Physician

Build skills to support your emotional well-being and respond to life's challenges.

ONLINE VIA ZOOM

Thursday, December 15, 2026 • 7:00 pm - 8:30 pm

Join Dr. Wong virtually as he shares:

- How emotional health is as important as physical health, affecting every aspect of your life.
- Recognizing the symptoms of stress, anxiety, depression, and other psychological conditions.
- Key emotional health skills: emotional awareness, mindfulness, managing stress, managing challenging thoughts and feelings, and knowing where to find help.

SCAN TO REGISTER

Questions? lcullen@burnabydivision.ca | (604) 259-4450

