

# Self-Management Programs available to YOU

*Feel empowered in your health care journey!*

Self-management programs provide you with workshops and skills to help you confidently manage your health condition, improve your quality of life, prevent burnout and reduce stress while providing care for yourself or a loved one.

Program topics include:

- Caregiving
- Chronic Pain
- Chronic Disease
- Diabetes
- Eating Behaviours
- Healthcare Appointments
- Mindfulness
- Sleep
- Stress Management
- Well-being

Programming is free and available for anyone 18 years and older.

Learn more by scanning the QR Code or visiting:  
[www.selfmanagementprograms.ca](http://www.selfmanagementprograms.ca)



Self-Management Programs Network is a collaboration with self-management programs in Ontario's west region, including Hamilton Niagara Haldimand Brant Self-Management, Southwest Self-Management, Waterloo-Wellington Self-Management, and Erie-St. Clair Self-Management.