



# Finding Calm

## *A Community Workshop*

**Quinte West Library**

**May 13, 2026**

**at**

**6:00pm-7:30pm**

Feeling stressed or overwhelmed lately?

Join us for Finding Calm, a welcoming community workshop designed to help you explore stress, overwhelm, and everyday coping in a supportive environment. Together, we'll look at what stress does in the body and mind, try a few simple grounding and self-regulation activities, and have space for open, guided conversation.

In this session, you'll experience:

- Grounding practices to help you settle your mind & body
- Reflection activities to understand your stress responses
- Simple tools for everyday coping and emotional regulation
- A friendly, judgment-free space to learn and connect

This workshop blends learning, discussion, and hands-on practice. You'll leave with practical tools you can use in daily life.

Facilitated by: Tiffany Sagle, Registered Psychotherapist (RP) Belleville & Quinte West Community Health Centre



**Questions?  
Contact Tiffany  
613-965-0698**