

enjoy life more

get help to de-stress

future
?

world affairs
weather

finances
employment

health
pain

family
relationships

Stress is a normal part of life, but at times
it may be too much and feel out of control.

take a break, take a breath and **de-stress**

Learn more about *how*: visit **www.de-stress.ca**
or talk to someone about stress
and de-stressing by calling today

Klinic
Crisis Line
786-8686
1-888-322-3019
Toll Free

**www.
de-stress.ca**

Manitoba Farm
& Rural Stress Line
1-866-367-3276
Toll Free