

Cathedral Workshops

Surviving Stress and Anxiety in Changing Times

During the mid 1980s in Canada organisations experienced an economic downturn requiring staff reductions. This initiated a period of layoffs accompanied by ‘golden handshakes’ and early retirements. History is now repeating itself! We are, in the writer’s opinion, at a time where the level of stress has returned leaving many with a lost sense of personal meaning and autonomy.

The Cathedral Church of the Redeemer, located in the core of downtown Calgary, exists to provide “a place for the soul in the heart of the city.” For this reason, the Cathedral wishes to open its doors especially to people who are experiencing high levels of anxiety related to lay-offs. The Cathedral will offer a series of workshops to assist individuals in identifying their anxiety, determining how they can reduce it, and restoring their sense of personal meaning and autonomy.

The workshops, led by Dr. Michael Prior, will be held on Fridays between 12 noon and 3 pm on February 26, and March 4, 11, and 18 in the Cathedral board room. All are most welcome (no church affiliation required). For more information, please contact the Cathedral Church of the Redeemer at office@anglicancathedralcalgary.ca or 403-269-1905, or Dr. Prior at mbprior@shaw.ca.

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