

# Stress Relief and Reset Session

1:00pm-1:15pm

Construction Room

Take a moment for yourself  
Open to all registered participants

Hosted By:



Sponsored By:



Wellness Tools for the Trades is proud to partner with Portwest, uniting two vital aspects of worker safety.

Wellness Tools for the Trades is a women-owned organization dedicated to equipping tradespeople and developing boots-on-the-ground leadership with practical, accessible tools that support mental health and overall wellbeing.

Laying the Foundation for Mental Health and Well-Being in Construction