

# Procrastination Workshop



Procrastination is making a decision to delay or not complete a task or goal you've committed to. Instead, we often do something of lesser importance, despite there being negative consequences to not completing the original task or goal.

Join us for this 6-week workshop to better understand procrastination and learn how to implement strategies to get important tasks done!

**Every Tuesday from  
July 6 - August 10  
2 p.m. to 3 p.m.**

To register and receive the link please contact Barb at [bcatalano@communitycaredurham.on.ca](mailto:bcatalano@communitycaredurham.on.ca)

