

# MISSION: POSSIBLE

COMMUNITY

CONNECTION

INCLUSION

A weekly **DROP-IN** series with topics on a 10-week rotation. Choose the topic(s) that speak to you!

**Week 1** Feb 15

The Key Principles of Recovery

**Week 2** Feb 22

Positive Self-Talk and Well-Being

**Week 3** Mar 1

Foundations of Wellness

**Week 4** Mar 8

Personal Boundaries and Self-Esteem

**Week 5** Mar 15

Anger

**Week 6** Mar 22

Strategies to Practice Assertiveness

**Week 7** Mar 29

Problem-Solving vs. Worry

**Week 8** Apr 5

Tools for Procrastination and Anxiety

**Week 9** Apr 12

What is Self-Compassion?

**Week 10** Apr 19

Gratitude and Positive Feelings

**FREE Drop-In**

**WHERE: ZOOM**

**WHEN:**

**EVERY TUESDAY**

**10-11:30**

**Nov 30 – Feb 8**

TO REGISTER CONTACT

[PEERMENTORS@CMHAHRB.CA](mailto:PEERMENTORS@CMHAHRB.CA)

Please include a phone # where you can be reached.



Canadian Mental  
Health Association  
Halton Region Branch  
*Mental health for all*

