

MISSION: POSSIBLE

COMMUNITY

CONNECTION

INCLUSION

A weekly 1.5 hour drop-in group in support of peers experiencing challenges with **mental health, substance use, or life stressors.**

A safe, confidential, non-judgmental space to share some challenges as well as strategies for wellness.

Sessions will include:

- **A Mindful Activity** – Whether you're new to meditation or have been practicing for some time, research shows it's helpful.
- **Focused Discussion and Take-Away Material**—A range of topics will be discussed on a 10-week rotation.
- **Open Discussion** – Further conversation around the topic of the week and/or topics of the group's choosing.

EVERY TUESDAY

Starting January 14, 2020

11:00 am to 12:30 pm

at **Milton Public Library**
1010 Main Street East
Watson Children's Program Room

FREE!

No registration required.

For more info, contact
Dave Kilgannon at
289-259-5092.

IM POSSIBLE



Canadian Mental
Health Association
Halton Region Branch
Mental health for all



Milton
Public
Library
Be Inspired