



JUST BREATHE

FREE Weekly VIRTUAL Drop-In Groups

Practice new skills for managing stress and emotions and focusing your attention and energy on the present moment from the comfort of your own space.

No experience required

Where: Zoom

**When: Every Monday
and Friday**

12 pm to 1 pm

You will learn how to:

- Let go of worries about the past or the future
- Slow down
- Cope with negative/unpleasant thoughts and emotions, anxiety, stress, and pain
- Practice self-acceptance
- Respond rather than react in stressful situations
- Have a greater sense of joy, contentment, gratitude, and presence in your life
- Be more aware of the habits of your mind
- Be less critical and more compassionate towards yourself and others



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

Contact Sandra at
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to register.