

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 Oct. 6 The Key Principles of Recovery

Week 2 Oct. 13 Positive Self-Talk and Well-Being

Week 3 Oct. 20 Foundations of Wellness

Week 4 Oct. 27 Personal Boundaries and Self-Esteem

Week 5 Nov. 3 Tools to Manage Anger

Week 6 Nov. 10 Strategies to Practice Assertiveness

Week 7 Nov. 17 Problem-Solving vs. Worry

Week 8 Nov. 24 Tools for Procrastination and Anxiety

Week 9 Dec. 1 What is Self-Compassion?

Week 10 Dec. 8 Gratitude and Positive Feelings

FREE!

Where: Zoom drop-In

**When: Tuesdays,
10 am to 11:30 am
10 weeks**

**October 6th to
December 8th, 2020**



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

Contact Sandra at
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to register.

IM POSSIBLE