



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

Coping Skills for Change

A free nine-week, virtual group to help you learn mindfulness, emotional and stress management, communication skills to improve relationships, and strategies to improve overall mental health and wellness.

Your nine Zoom sessions include:

- Introduction to Dialectical Behaviour Therapy skills
- Accepting reality and making changes
- Mindfulness and judgement
- Mindfulness of recovery; wise and clear minds
- Understanding and identifying emotions
- Changing our emotional responses
- Reducing vulnerability to extreme emotions
- Interpersonal effectiveness and assertive communication
- Building healthy relationships and ending destructive ones

Based on the principles of Dialectical Behaviour Therapy Group Skills by Marsha Linehan.

To complete a referral form to request your spot in an upcoming session, visit <https://halton.cmha.ca/news/copingskills/>

Choose your winter 2021 session:

Beginning the week of January 11th:

- Session A.1—Tuesdays from 1:30 pm to 4:00 pm
- Session A.2—Wednesdays from 9:30 am to 12:00 pm
- Session A.3—Thursdays from 9:30 am to 12:00 pm

Beginning the week of January 18th*:

- Session B.1—Tuesdays from 6:00 pm to 8:00 pm
- Session B.2—Wednesdays from 1:30 pm to 4:00 pm
- Session B.3—Thursdays from 1:30 pm to 4:00 pm

**No group the week of March 15th*

Supported by



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