



# JUST BREATHE

## FREE Weekly VIRTUAL Drop-In Groups

to 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**  
**Every Monday & Friday**  
12-1pm

To register and to ask any questions you may have

**CONTACT**

[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

Please include a phone # where you can be reached.

### 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*