

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 Dec 15 The Key Principles of Recovery

Week 2 Dec 22 Positive Self-Talk and Well-Being

Week 3 Dec 29 Foundations of Wellness

Week 4 Jan 5 Personal Boundaries and Self-Esteem

Week 5 Jan 12 Tools to Manage Anger

Week 6 Jan 19 Strategies to Practice Assertiveness

Week 7 Jan 26 Problem-Solving vs. Worry

Week 8 Feb 2 Tools for Procrastination and Anxiety

Week 9 Feb 9 What is Self-Compassion?

Week 10 Feb 16 Gratitude and Positive Feelings



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

FREE

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

**December 15 to
February 16, 2021**

TO REGISTER CONTACT

PEERMENTORS@CMHAHRB.CA

**Please include a phone # where you
can be reached.**

