

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	Feb 23
The Key Principles of Recovery	
Week 2	Mar 2
Positive Self-Talk and Well-Being	
Week 3	Mar 9
Foundations of Wellness	
Week 4	Mar 16
Personal Boundaries and Self-Esteem	
Week 5	Mar 23
Tools to Manage Anger	
Week 6	Mar 30
Strategies to Practice Assertiveness	
Week 7	Apr 6
Problem-Solving vs. Worry	
Week 8	Apr 13
Tools for Procrastination and Anxiety	
Week 9	Apr 20
What is Self-Compassion?	
Week 10	Apr 27
Gratitude and Positive Feelings	

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

February 23 – April 27,
2021

TO REGISTER CONTACT

PEERMENTORS@CMHAHRB.CA

Please include a phone # where you
can be reached.



Canadian Mental
Health Association
Halton Region Branch
Mental health for all