

# 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!

<b>Week 1</b>	<b>May 4</b>
The Key Principles of Recovery	
<b>Week 2</b>	<b>May 11</b>
Positive Self-Talk and Well-Being	
<b>Week 3</b>	<b>May 18</b>
Foundations of Wellness	
<b>Week 4</b>	<b>May 25</b>
Personal Boundaries and Self-Esteem	
<b>Week 5</b>	<b>June 1</b>
Tools to Manage Anger	
<b>Week 6</b>	<b>June 8</b>
Strategies to Practice Assertiveness	
<b>Week 7</b>	<b>June 15</b>
Problem-Solving vs. Worry	
<b>Week 8</b>	<b>June 22</b>
Tools for Procrastination and Anxiety	
<b>Week 9</b>	<b>June 29</b>
What is Self-Compassion?	
<b>Week 10</b>	<b>July 6</b>
Gratitude and Positive Feelings	

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

May 4 – July 6 , 2021

TO REGISTER CONTACT

[PEERMENTORS@CMHAHRB.CA](mailto:PEERMENTORS@CMHAHRB.CA)

Please include a phone # where you can be reached.



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