



JUST BREATHE

FREE Weekly VIRTUAL Drop-In Groups

Practice new skills for managing stress and emotions while focusing your attention and energy on the present moment.

No experience required

Where: Zoom
Every Monday & Friday
12:00 - 1:30 pm

To register and to ask any questions you may have

CONTACT

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