

# 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** July 13

The Key Principles of Recovery

**Week 2** July 20

Positive Self-Talk and Well-Being

**Week 3** July 27

Foundations of Wellness

**Week 4** Aug 3

Personal Boundaries and Self-Esteem

**Week 5** Aug 10

Anger

**Week 6** Aug 17

Strategies to Practice Assertiveness

**Week 7** Aug 24

Problem-Solving vs. Worry

**Week 8** Aug 31

Tools for Procrastination and Anxiety

**Week 9** Sept 7

What is Self-Compassion?

**Week 10** Sept 14

Gratitude and Positive Feelings

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

July 13 – Sept 14,  
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*