

# Coping Skills for Change for Peers

**A free nine-week, virtual group to help you learn mindfulness, emotional and stress management, communication skills to improve relationships, and strategies to improve overall mental health and wellness.**

**Thursdays 10:00 to 12:30 pm**

**October 21<sup>st</sup> to December 16<sup>th</sup>, 2021**

**ZOOM**

**Week One: Introduction to DBT Skills**

**Week Two: Accepting Reality and Making Changes**

**Week Three: Mindfulness and Judgement**

**Week Four: Mindfulness of Recovery. Wise and Clear Minds**

**Week Five: Understanding and Identifying Emotions**

**Week Six: Changing our Emotional Responses**

**Week Seven: Reducing Vulnerability to Extreme Emotions**

**Week Eight: Interpersonal Effectiveness and Assertive Communication**

**Week Nine: Building Healthy Relationships and Ending Destructive Ones**

**Co-facilitated by CMHA- Halton**

**Transitional Case Manager Allison and Peer Mentor Sandra**

**If this 9 week workshop is of interest to you and you are available to attend ALL sessions, kindly send an email to Sandra Nolan Boshell [snolanboshell@cmhahrb.ca](mailto:snolanboshell@cmhahrb.ca).**

**You will be contacted late September by email to set up a phone call appointment to determine if this workshop is the right fit for you and to answer any questions you may have.**



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

Association canadienne  
pour la santé mentale  
Filiale de la région de Halton  
*La santé mentale pour tous*