

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	Sept 21
The Key Principles of Recovery	
Week 2	Sept 28
Positive Self-Talk and Well-Being	
Week 3	Oct 5
Foundations of Wellness	
Week 4	Oct 12
Personal Boundaries and Self-Esteem	
Week 5	Oct 19
Anger	
Week 6	Oct 26
Strategies to Practice Assertiveness	
Week 7	Nov 2
Problem-Solving vs. Worry	
Week 8	Nov 9
Tools for Procrastination and Anxiety	
Week 9	Nov 16
What is Self-Compassion?	
Week 10	Nov 23
Gratitude and Positive Feelings	

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

**Sept 21 – Nov 23,
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

