

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 Nov 30

The Key Principles of Recovery

Week 2 Dec 7

Positive Self-Talk and Well-Being

Week 3 Dec 14

Foundations of Wellness

Week 4 Dec 21

Personal Boundaries and Self-Esteem

Week 5 Jan 4

Anger

Week 6 Jan 11

Strategies to Practice Assertiveness

Week 7 Jan 18

Problem-Solving vs. Worry

Week 8 Jan 25

Tools for Procrastination and Anxiety

Week 9 Feb 1

What is Self-Compassion?

Week 10 Feb 8

Gratitude and Positive Feelings

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

Nov 30 – Feb 8

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

