

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 April 26

The Key Principles of Recovery

Week 2 May 3

Positive Self-Talk and Well-Being

Week 3 May 10

Foundations of Wellness

Week 4 May 17

Personal Boundaries and Self-Esteem

Week 5 May 24

Anger

Week 6 May 31

Strategies to Practice Assertiveness

Week 7 June 7

Problem-Solving vs. Worry

Week 8 June 14

Tools for Procrastination and Anxiety

Week 9 June 21

What is Self-Compassion?

Week 10 June 28

Gratitude and Positive Feelings

FREE Drop-In

WHERE: ZOOM

WHEN:

EVERY TUESDAY

10-11:30

April 26th – June 28th

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

