



ACTIVATION STATION

It's a space where we practice getting started

- Get out of our “thinking” and into our “doing”
- Get clear about the direction we choose to take
- Leave negative/unpleasant thoughts and emotions, anxiety, stress, and pain behind
- Be real about what's stopping us from moving forward
- Have a greater sense of joy, contentment, gratitude, and purpose in our lives
- Be more aware of our habits that don't serve us
- Be less critical and more compassionate towards ourselves as we lean into the discomfort of “doing”

FREE

Weekly VIRTUAL Drop-In Groups

Are you stuck? Do you have the best of intentions and find it difficult to get started or follow through? Join us as we explore and practice small steps to get us going in the direction of our choosing.

Where: Zoom

**When: July & August
2022 Fridays**

9:30 to 10:30 am

To register and to ask any questions you may have

CONTACT

peermentors@cmhahrb.ca

Please include a phone # where you can be reached.



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