

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	July 5th
The Key Principles of Recovery	
Week 2	July 12th
Positive Self-Talk and Well-Being	
Week 3	July 26th
Foundations of Wellness	
Week 4	Aug 2nd
Personal Boundaries and Self-Esteem	
Week 5	Aug 9th
Anger	
Week 6	Aug 16th
Assertiveness	
Week 7	Aug 23rd
Problem-Solving vs. Worry	
Week 8	Aug 30th
Procrastination and Anxiety	
Week 9	Sept 6th
Self-Compassion	
Week 10	Sept 13th
Gratitude and Positive Feelings	

Where: Free via
Zoom

When: Tuesdays
from 10:00am-
11:30am

Drop-in for 10 weeks

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

