

# 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!

<b>Week 1</b>	<b>Sept 27<sup>th</sup></b>
The Key Principles of Recovery	
<b>Week 2</b>	<b>Oct 4<sup>th</sup></b>
Positive Self-Talk and Well-Being	
<b>Week 3</b>	<b>Oct 11<sup>th</sup></b>
Foundations of Wellness	
<b>Week 4</b>	<b>Oct 18<sup>th</sup></b>
Personal Boundaries and Self-Esteem	
<b>Week 5</b>	<b>Oct 25<sup>th</sup></b>
Anger	
<b>Week 6</b>	<b>Nov 1<sup>st</sup></b>
Assertiveness	
<b>Week 7</b>	<b>Nov 8<sup>th</sup></b>
Problem-Solving vs. Worry	
<b>Week 8</b>	<b>Nov 15<sup>th</sup></b>
Procrastination and Anxiety	
<b>Week 9</b>	<b>Nov 22<sup>nd</sup></b>
Self-Compassion	
<b>Week 10</b>	<b>Nov 29<sup>th</sup></b>
Gratitude and Positive Feelings	

Where: Free via  
Zoom

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

Drop-in for 10 weeks

[PEERMENTORS@CMHAHRB.CA](mailto:PEERMENTORS@CMHAHRB.CA)

Please include a phone # where you can be reached to complete the registration.



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

