



# JUST BREATHE

## Together we explore how to:

- Let go of worries about the past or the future
- Cope with negative/unpleasant thoughts and emotions, anxiety, stress, and pain
- Practice self-acceptance
- Respond rather than react in stressful situations
- Have a greater sense of joy, contentment, gratitude, and presence in our life
- Be more aware of the habits of our mind
- Be less critical and more compassionate towards our self and others
- Light movement is sometimes explored. Please check with your doctor and modify movements as needed. Do what is comfortable and safe for yourself.

## FREE Weekly VIRTUAL Drop-In Groups

Practice Present Moment Awareness in community. Our intention is to support ourselves as best we can without any judgement. Rather, we are encouraged to explore the experience with a sense of curiosity

**No experience required**

**Where: Zoom**  
**Mondays 12-1pm**  
**Wednesdays 6-7pm**  
**Fridays 10-11am**

To register and to ask any questions you may have

[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*