



Together we explore our energy around

- Worries about the past and/or the future
- How slowing down can shift our present moment experience
- Coping with negative/unpleasant thoughts, emotions, anxiety, stress, and/or pain
- Practicing Self-Acceptance
- Responding and Reacting in stressful situations
- Self-Compassion
- Our thinking habits
- The importance of Connection and Community
- Our inner critic/judgement around self-thinking and self-talk
- Light movement is explored. Please check with your doctor and modify movements as needed. Do what is comfortable and safe for yourself.



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

JUST BREATHE

FREE Drop-In Group

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

No experience required

**Where: Central Library
Centennial Room
2331 New Street,
Burlington**

**When: Every Thursday
10-11am**

Jan 4th to June 27th

Register at
www.halton.cmha.ca/peer-support by clicking on
“Register for Peer Support
Programming”.



BURLINGTON
Public Library