



## 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  
10:30 am-12 pm**

Register at  
[www.halton.cmha.ca/peer-support](http://www.halton.cmha.ca/peer-support) by clicking on  
“Register for Peer Support  
Programming”.



BURLINGTON  
Public Library