

# FALL WORKSHOPS AND SMALL GROUP THERAPY

NO COST ~ REGISTRATION REQUIRED



Join us for our in-person and virtual programs promoting mental wellness this Fall. Workshops and small group therapy sessions cover a diversity of topics and are offered to children and youth, adults, and seniors. Thanks to the generous support of local donors like you and other funding sources, these sessions are offered at no cost.

## THE ROLE OF THE COMMUNITY IN SUICIDE PREVENTION

### Building a Suicide Alert Community Virtual Adult Workshop

Thurs. Sept. 16: 7-8 pm

### BE YOU! 2SLGBTQ+ Support Group

Ages: 12-16, in-person  
Bi-weekly drop-in starting  
Mon. Sept. 20: 4-5 pm

### THE IMPORTANCE OF SELF-CARE

Virtual Adult Workshop  
Tues. Sept. 28: 7-8 pm

### PRACTICING POSITIVE THINKING AND GRATITUDE

Virtual Adult Workshop  
Wed. Sept. 29: 1-3 pm

### BUILDING RESILIENCE Virtual Adult Workshop

Mon. Oct. 4: 7-8 pm

### 2SLGBTQ+ UNDERSTANDING AND AWARENESS

Youth and Adult Workshop  
Tues. Oct. 5: 7-8 pm; virtual

### UNDERSTANDING COGNITIVE BEHAVIOUR THERAPY (CBT)

Virtual Adult Workshop  
Tues. Oct. 12: 7-8 pm

### PARENTING YOUR ANXIOUS CHILD

Virtual Adult Workshop  
Thurs. Oct. 14: 7-8 pm

### WHAT IS MINDFULNESS?

Virtual Adult Workshop  
Mon. Oct. 18: 7-8 pm

### MANAGING CAREGIVER FATIGUE

Virtual Adult Workshop  
Tues. Oct. 19: 7-8 pm

### BUILDING BETTER BOUNDARIES

In-Person Adult Group  
Group 1: Thurs. Oct. 21, 28, Nov.  
4, 11, 18, 25, Dec. 2, 9: 6-8 pm

### UNDERSTANDING AND PREVENTING EATING DISORDERS

Virtual Adult Workshop  
Mon. Oct. 25: 7-8:30 pm

### STAND TALL Assertiveness Building Group

Ages: 7-9, in-person  
Group 1: Mon. Oct. 25, Nov. 1, 8,  
15, 22, 29: 5-6 pm

### NO NEED TO FRET

#### Childhood Anxiety Group

Ages: 8-11; in-person  
Group 1: Tues. Oct. 26, Nov. 2, 9, 16,  
23 : 5-6 pm

### GLAD TO BE ME

#### Self-Esteem Workshop

Ages: 4-7; in-person  
Thurs. Oct. 28, Nov. 25: 4-5 pm

### MINDFULNESS

Virtual Adult Group  
Mon. Nov. 1, 8, 15, 22, 29, Dec. 6:  
7-8 pm

### BOUNDARY AND ASSERTIVENESS SKILL-BUILDING 101

Virtual Adult Workshop  
Tues. Nov. 2: 7-8 pm

### COGNITIVE BEHAVIOUR THERAPY (CBT)

ANXIETY SKILLS GROUP  
Virtual Adult Group

Tues. Nov. 9, 16, 23, 30,  
Dec. 7, 14: 6:30-8 pm

### CONQUERING TEEN ANXIETY

#### Teen Anxiety Group

Ages: 12-14; in-person  
Group 1: Wed. Nov. 10, 17, 24,  
Dec. 1, 8: 5-6 pm

### UNDERSTANDING ELDER ABUSE AND NEGLECT

Virtual Adult Workshop  
Wed. Nov. 17: 7-8 pm

### STRENGTHENING CONNECTION WITH OUR KIDS

Virtual Adult Workshop  
Thurs. Nov. 18: 7-8 pm

### COPING WITH LONELINESS

Virtual Adult Workshop  
Wed. Dec. 1: 7-8 pm

### MANAGING THE STRESS OF THE HOLIDAY SEASON

Virtual Adult Workshop  
Wed. Dec. 8: 7-8 pm

### ANYTHING BUT MERRY Virtual Adult Workshop

Mon. Dec. 13: 7-8 pm

### HOLIDAY GRIEF

In-Person Workshop  
Ages: 4-10  
Wed. Dec. 15: 6-7 pm

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#### LEARN MORE AND REGISTER:



519-669-8651



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UPCOMING-EVENTS



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