



MINDSKILLS FOR MENTAL HEALTH

Skills Building Group

Focus of this session will be on Creating Motivation and Building Resiliency

Registration Required

When: Thursday January 18th, 2018
9:30AM – 11:30AM

Where: Addictions and Mental Health Services
Belleville Office
15 Victoria Avenue
2nd Floor Boardroom (Near Reception)

Facilitators: Michelle Alton & Tammy Orr
Mental Health Counsellors
Addictions and Mental Health Services HPE

This group will be available to 20 to 25 participants both active clients receiving services and those waiting to receive services. The focus of this group will be how to increase motivation and build resiliency in your life. The idea is to help build skills to face the challenges experienced and to recognize these challenges as being manageable. We will be facilitating how to make small, positive changes

NOW!!

Please call Tammy @ 613-394-1655 X 5 or Michelle at 613-394-1655 X 2 for more information or to make a referral to this group.