



ADDICTIONS AND MENTAL HEALTH SERVICES
HASTINGS PRINCE EDWARD

MINDSKILLS FOR MENTAL HEALTH

Skills Building Group

Focus of the session will be

Mind Body and Coping

(Guided Relaxation practice

to be included at end of session)

Registration Required

When: Thursday February 22, 2018
9:30AM – 11:30AM

Where: Addictions and Mental Health Services
Belleville Office
15 Victoria Avenue, Belleville
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 discussing symptom and behavior identification, increase coping skills and bring awareness to the Mind Body connection. 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 Orr @ 613-394-1655 X 5 or Michelle Alton at 613-394-1655 X 2 for more information or to make a referral to this group.