



ADDICTIONS AND MENTAL HEALTH SERVICES  
HASTINGS PRINCE EDWARD

## MINDSKILLS FOR MENTAL HEALTH

Skills Building Group

Focus of the session will be

**Self-Compassion and Self-Care**

**Registration Required**

When: Thursday April 12, 2018  
9:30AM -11:30AM

Where: Addictions and Mental Health Services  
Belleville Office  
15 Victoria Avenue  
2<sup>nd</sup> Level 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 the practice of self-compassion and the importance of self-care. 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.**