



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 March 29th, 2018
9:30AM -11:30AM

Where: Addictions and Mental Health Services
Belleville Office
15 Victoria Avenue
2nd 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.