

TUESDAY Adult Community Group Counselling Clinic

**Afternoons from 3:00 – 4:00 p.m.
Mental Health and Addictions Services
715 Queen Street, 4th Floor**

- * All Clients need to be pre-registered with Mental Health and Addictions Services**
- * Please stop at reception to register and sign in before each group**

- Each group session “stands on its own” so that you can start group any time.**
- Group sessions focus on education and skill building**
- In group you will learn skills to manage your mood, to strengthen helpful thoughts and to increase healthy behaviors in your life.**

Strengthening Mindfulness

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| Apr 2 | Mindfulness of Breath: Cultivating non-reactive awareness in the present moment |
| Apr 9 | Mindfulness of the Body: Awareness of our bodies’ responses to thoughts, emotions and events |
| Apr 16 | Mindfulness of Emotions: Observing emotions without creating stories around them |
| Apr 23 | Mindfulness of Thoughts: Observing thoughts without attachment |
| Apr 30 | More practice |

Strengthening Self-Compassion

- May 7** **Understanding Self-Compassion: An Effective Way to Address Self-Esteem**
- May 14** **Acknowledging, Understanding and Addressing Self Criticism**
- May 21** **Accepting oneself with Compassion: Recognizing our Strengths**
- May 28** **Tools and Exercises to Practice Self-Compassion**

Strengthening Self-Regulation

- June 4** **What is Self-Regulation: Understanding the brain's role in our level of activation and alertness, including the threat response (fight, flight and freeze)**
- June 11** **Practicing Self-Regulation Skills: From fight/flight to settle/soothe; and from numbing out to increased presence**
- June 18** **Thinking Strategies to Support Self-Regulation: Reframing before you act**
- June 25** **Using our Senses to Support Self-Regulation: Everyday activities that support balance**

***Please contact Adult Mental Health for more information:
306-655-8877***