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YOUTH GROUPS

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LIVING LIFE TO THE FULL

FEBRUARY 7TH - MARCH 14TH
3:30PM-5:00PM

LLTTF is a course that provides simple, practical skills for coping with stress, problem solving, boosting your mood, and busting bad thoughts
TO REGISTER TEXT OR CALL STEPHANIE 705 321 5795

WELLNESS RECOVERY ACTION PLANNING

MARCH 19TH - APRIL 23RD
4:00PM - 5:00PM

WRAP is a DIY prevention and wellness tool that can help you get well and stay well
TO REGISTER TEXT OR CALL GINA AT 705 321 2300

MAKING CHANGE

APRIL 30TH - JUNE 4TH
4:00PM - 5:00PM

Making Change is a Dialectical Behavioral Therapy based group that teaches skills to better manage emotions and crisis
TO REGISTER TEXT OR CALL STEPHANIE AT 705 321 5795

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PEER SUPPORT

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STARTING FEBRUARY 6TH DROP IN SUPPORT

ONGOING - 4PM -5PM
This is a chance to chat with your peers about mental wellness and recovery. Meet new people, get support and have some fun!
NO REGISTRATION NEEDED

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PARENT AND CAREGIVER SUPPORT

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FOURTH MONDAY OF EVERY MONTH

ONGOING - 6:00PM - 7:30PM
Drop in group for parents or caregivers of youth experiencing mental health issues to talk with others about their experiences, get information and support
FOR MORE INFORMATION CALL HAYLEY AT 705 726 5033 EXT. 233

CMHA YOUTH SERVICES

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705 726 5033
WALK IN
SUPPORT
MONDAYS 1PM-
4PM

ALL PROGRAMS
TAKE PLACE AT
134 ANNE ST S
BARRIE ON