

CMHA Youth Services

June 2020

For additional details and how to register please see page two

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

June 1

Check it out
<http://checkupfromthencup.ca/>

June 8

Reducing Smoking with Ryan
12:30pm - 1:30pm

June 15

Parents and Caregivers Q&A with Steph and Hayley
6:00pm

June 22

Reducing Smoking with Ryan
12:30pm - 1:30pm

Parent's Support Group with Hayley
6:00pm

June 29

Check it out
<https://www.heretohelp.bc.ca/wellness-modules>

June 2

Healthy Relationships with Katie
3:30pm - 4:30pm

June 9

Harm Reduction with Steph
3:30pm - 4:30pm

June 16

Understanding Medication with Allison
3:30pm - 4:30pm

June 23

Self Care with Katie
3:30pm - 4:30pm

June 30

Wellness and Recovery with Gina
3:30pm - 4:30pm

June 3

Drop in Support Group with Ryan
3:30 - 4:30pm

June 10

Drop in Support Group with Ryan
3:30 - 4:30pm

June 17

Drop in Support Group with Ryan
3:30 - 4:30pm

June 24

Drop in Support Group with Ryan
3:30 - 4:30pm

June 4

Living Life to the Full with Steph and Bob
3:00pm - 4:30pm

June 11

Living Life to the Full with Steph and Bob
3:00pm - 4:30pm

June 18

Living Life to the Full with Steph and Bob
3:00pm - 4:30pm

June 25

Check it out
<https://bouncebackontario.ca/>

June 5

Check it Out
<https://gilbertcentre.ca/Online/>

June 12

Check it out
<https://ontario.cmha.ca/>

June 19

Check it out
<https://mindyourmind.ca/>

June 26

Check it out
<https://www.7cups.com/about/>

LOOKING FOR MORE SUPPORT?

Email Youth Services
youthservices@cmhastarttalking.ca

Crisis Services
705 728 5044

Youth - Text WELLNESS
to 686868

Adults- Text WELLNESS
to 741741



Tuesday Info Sessions

You do not need to attend all sessions, please include the sessions you would like to attend in your email

To register email Youth Services
youthservices@cmhastarttalking.ca

Wednesday Drop in Support

You do not need to attend all sessions
A chance to share your journey through recovery and learn for others' experiences.

To register email Youth Services
youthservices@cmhastarttalking.ca

Living Life to the Full

Please email to register for the next session. Participants are encouraged to attend all eight sessions.

<https://livinglifetothefull.ca/>

To register email Youth Services
youthservices@cmhastarttalking.ca

Google Classroom

Looking for information, video or worksheets on the topics we discuss? Visit our google classroom
Email youthservices@cmhastarttalking.ca to receive the class code

Reducing Smoking

Looking for information, resources and tips on how to reduce smoking?

To register email Youth Services
youthservices@cmhastarttalking.ca

Parents and Caregivers Q&A

Q&A

A chance to ask questions you have about youth mental health and navigating the system

To register email Youth Services
youthservices@cmhastarttalking.ca

**We are working on moving out rec programming online
If you are interested or have ideas or suggestions email us
at youthservices@cmhastarttalking.ca**