



Group locations will be provided at the time of registration. Call 905.894.6808.
The cost to attend groups is a \$25 donation. CRA receipts provided.
If cost is an issue, tell us when you register and we will waive it.

Niagara Falls 4 Week Mindfulness Based Self Care (MBSC) Practice Group

See a full description of the program below.
Tuesday March 20 for 4 weeks from 7:00 - 9:00 PM.

4 Week Family Coping Skills Group: Learn the symptoms, treatments, community resources and self care and coping skills strategies to help yourself to help your loved one move towards recovery. Facilitators are family members who also work in the mental health profession. We have 22 years experience running these groups.
Tuesday April 17 for 4 weeks from 7:00 - 9:00 PM.

Niagara Falls Monthly Drop-in Group Registration is not required, just show up to 4790 Victoria Ave, Niagara Falls (New Location). 7:00 - 9:00 PM.

St. Catharines 6 Week Family Coping Skills Group (description below)

Wednesday April 18 for 6 weeks.

Coping Skills Group

Topics include but are not limited to: understanding the symptoms of mental illness; developing a healthcare plan; useful community resources; setting limits; problem solving as a family unit; improving two-way communications; effective ways to advocate for your relative; non-violent crisis intervention training; psychiatric medications and self-care for the care-giver. Guest speakers supplement the facilitators. Facilitators are mental health professionals as well as family members. Individual counselling is available on a fee for service basis.

Call to register for the above groups

905.894.6808

Youth Transitions Skills Training Program

Agencies interested in learning more about our 4 session Youth Transitions Skills Training Program (ages 15-24) should contact Dan Silver at 905.641.2111.

This program includes the safeTALK suicide awareness training and 3 2-hour sessions of mindfulness training and cognitive behavioural skills training. There is no cost to agencies or participants.

Call to learn more
905.894.6808.

MBSC Groups

Improve your coping skills and learn MBSC.

Mindfulness teaches us to follow our thoughts through to their roots. It helps us to rid our body of internal noise and destructive automatic thinking. Mindfulness can set the mind at greater ease and allow us to regain insight and control of our life.

An end goal is that participants learn to recognize their own troubled thinking patterns. When we are aware of our self-destructive thinking and the distractions that take us off task, impairing our concentration and sabotaging our relationships, we can then face them, challenge them and change them. Equally important is the connection between our thinking and our awareness of the physical body and how it is affected.

The primary benefit is that participants will improve their focus and concentration and begin to heighten their self-awareness.

This workshop offers the basic skills to allow a person to begin their own mindful practice. In sessions, we will practice, share our experiences and learn from each other. Each two-hour session has approximately 60 minutes of silent or guided meditation.