

St. Catharines

Fall 2017

12 Week Family Coping Skills Groups

Wednesday September 13th to Wednesday November 29th from 7 - 9 PM

8 WEEK MINDFULNESS BASED SELF CARE (MBSC) PRACTICE GROUP

Wednesday September 6th for 8 weeks from 7:15 - 9:00 PM

Niagara Falls

Family Coping Skills Groups

Tuesdays September 12,19,26, October 3 and 10.

Tuesday November 14,21,28 and December 5 from 7 - 9 PM

4 WEEK MINDFULNESS BASED SELF CARE (MBSC) PRACTICE GROUP

October 17,24,31 and November 7 From 7 - 9 PM

Monthly Drop-in Group in Niagara Falls

The 3rd Thursday of September 21, October 19, November 16 and December 21

Registration is not required, just show up to 4483 Queen Street, Niagara Falls at 7 - 9 PM

COPING SKILLS GROUPS

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.

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.

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.