



CAMHS

Community Addiction and Mental Health
Services of Haldimand and Norfolk



JOIN US FOR

mindful self-compassion

**5-WEEK SKILL BUILDING GROUP
TUESDAYS 5-7PM**

***FOR AGES
25+**

WHAT YOU'LL LEARN

- *Mindfulness techniques
- *Understand the link between thoughts, feelings, and behaviour
- *Learn the key components of self-compassion and self-care
 - *Coping skills for regulating emotions
 - *Foster self-awareness, empowerment, and life satisfaction



WHEN Tuesdays, April 30 to May 28, 2024

WHERE 101 Nanticoke Creek Pky, Townsend, Ontario

How to register: Please call Intake Coordinator
519-587-4658 x 2150
(Monday through Friday)

Please register by: [Monday, April 29, 2024](#)

