



ENRICHMENT
CENTRE FOR MENTAL HEALTH
Recovery • Resilience • Renewal

**MENTAL HEALTH
PROGRAMS &
GROUPS**

**STARTING THE WEEK OF
SEPTEMBER 14-18 FOR 8 WEEKS**

250 SIDNEY STREET
BELLEVILLE, ON

*ALL GROUPS ARE LIMITED IN SPACE DUE TO COVID-19 &
SOCIAL DISTANCING IS ENFORCED, AS WELL AS MASKS

**JOIN ONE OF OUR GROUPS &
BUILD CONFIDENCE.
GAIN TOOLS.
LEARN COPING STRATEGIES.**

FOR EVERYDAY MENTAL HEALTH WELLNESS

- RUNNING WEEKLY STARTING SEPTEMBER 14TH

MONDAY'S

- Employment Workshops
 - 10:00-12:00pm
 - See Employment Workshop handout

TUESDAY'S

- PLAR
 - 10:00am-12:00pm
- Suicide Bereavement
 - 6:00-7:30pm

WEDNESDAY'S

- Anxiety & Depression
 - 10:00am-12:00pm
- Strong Women Rising
 - 1:30-3:30pm
- Men's Anger Management
 - 6:00pm-7:30pm

THURSDAY'S

- Healthy Masculinity
 - 1:30-3:00pm
- Men's Anger Management
 - 3:00-4:30pm
- Suicide Bereavement
 - 6:00pm-7:30pm

FRIDAY'S

- Compassion Fatigue via. zoom
- Last Friday of every month
 - 2:30-3:30pm

SATURDAY'S

- Social Saturday
 - Crafts, Coffee & Conversation
 - 10:00am-12:00pm
 - Starting Oct.17

Anger Management

We host separate groups for men and women.

Our supportive program helps participants learn how to understand the complexities of anger, how anger goes awry, how to change their experiences of anger and how to respond to another person's anger. However, this course does not only deal with anger, but stress management in general. Group discussions and worksheets allow participants to acknowledge that life comes with complications, but with the proper tools and conditioning we can change our responses from negative to positive. Other topics relating to the subject of anger will also be explored such as self-esteem, assertiveness, anxiety and depression.

Anxiety & Depression Support Group

The Anxiety and Depression Support Group focuses on the management of recovery. This is an 8 week program with workbook components that are taken home to practice as the group moves through the program.

This is only offered twice a year, and fills quickly.

Healthy Masculinity

What is healthy masculinity? Is there un-healthy masculinity? Do we mean masculine as a *John Wayne* type of masculine, or a stay-at-home dad type of masculine? Is there even a difference? Healthy masculinity conjures up questions that can be confusing. Likewise, it conceals the nature of what healthy masculinity really is. Health is subjective, and this group talks about that *and* so much more. Does healthy mean physical, mental or relationship? It means all of this.

Strong Women Rising

The foundation of SWR is to learn to focus on self, by adapting a mindful and conscious perspective of life and self. SWR teaches us how to change the conversation that we have with ourselves by living in the 'now' by adapting mindful coping strategies. Throughout the program, we start to remove our layers and find our true and authentic selves, as we remove the expectations of who we thought we should be, and start accepting who we are. Each week SWR focuses on the following topics through a mindful lens: stress & resilience, mindset, work-life balance, coping strategies, stigma & culture, no is a complete sentence, boundaries, and manifestation. Through SWR women also get an opportunity to hear how other local women continue to 'rise' and share their 'story.'

Suicide Bereavement

This is a closed group, supporting family members through the loss of someone to suicide. This is an 8 week program, with two facilitators. This group is only for the family members or close friends – no observers or students. Be advised there is a wait list for this program.

**LIMITED SPACES AVAILABLE & REGISTRATION IS REQUIRED
CALL 613-969-8874 OR EMAIL EJOHNSTON@ENRICHMENTCENTRE.CA**