

Support Groups & Workshops

GROUPS RUN FOR 8 WEEKS

GROUPS START MARCH 7 - 10, 2022

**WE ARE OPEN FOR IN PERSON SERVICES & WE ARE
HERE FOR YOUR MENTAL WELLNESS!**

DAY	GROUPS	STARTING DATE & TIME
M	<ul style="list-style-type: none"> • Employment Workshops 10-12pm** 	Every Monday starting March 7
T	<ul style="list-style-type: none"> • Anxiety & Depression 1:30-3pm • Suicide Bereavement 6-7:30pm 	Starting March 8 for 8 weeks Starting March 8 for 8 weeks
W	<ul style="list-style-type: none"> • Strong Women Rising 10:00- 11:30am • Women's Anger Management 1:30-3pm • Men's Anger Management 6-7:30pm 	Starting March 9 for 8 weeks Starting March 9 for 8 weeks Starting March 9 for 8 weeks
TH	<ul style="list-style-type: none"> • Managing Powerful Emotions 10-11:30am • Healthy Masculinity 1:30-3pm 	Starting March 10 for 8 weeks Starting March 10 for 8 weeks

OTHER WORKSHOPS

**Employment Workshops include:

- Resume Building (March 7)
- Job Search (March 14)
- Interview Prep & Skills (March 21)
- How to Disclose your Mental Health (March 28)
- Finding the 'Right' job for me (April 4)

True Colors®

Soft Skills Solutions©

Safe Talk

ASIST Training

(Applied Suicide Intervention Skills Training)

FIND OUT MORE ABOUT ECMH'S GROUPS AT WWW.ENRICHMENTCENTRE.CA

**REGISTER FOR GROUPS AT 613-969-8874 OR
JROLLINS@ENRICHMENTCENTRE.CA**