

# Support Groups & Workshops

**GROUPS RUN FOR 8 WEEKS**

**GROUPS ARE HELD IN PERSON!  
WE ARE HERE FOR YOUR MENTAL WELLNESS!  
STARTING JUNE 6-10, 2022**

<b>MON</b>	• <b>Employment Workshops 10-12pm**</b>	Every Monday starting June 6
<b>TUES</b>	• <b>Anxiety &amp; Depression 1:30-3pm</b>	Starting June 7 for 8 weeks
<b>WED</b>	<ul style="list-style-type: none"> <li>• <b>Strong Women Rising 10:00- 11:30am</b></li> <li>• <b>Managing Women's Anger 1:30-3pm</b></li> <li>• <b>Men's Anger Management 6-7:30pm</b></li> <li>• <b>Reading, Weeding &amp; Recharging 4:30-7pm</b></li> </ul>	<p>Starting June 8 for 8 weeks</p> <p>Starting June 8 for 8 weeks</p> <p>Starting June 8 for 8 weeks</p> <p>Drop in program</p>
<b>THUR</b>	<ul style="list-style-type: none"> <li>• <b>Managing Powerful Emotions 10-11:30am</b></li> <li>• <b>Men's Wellness 1:30-3pm</b></li> <li>• <b>Suicide Bereavement 6-7:30pm</b></li> </ul>	<p>Starting June 9 for 8 weeks</p> <p>Starting June 9 for 8 weeks</p> <p>Starting June 9 for 8 week</p>
<b>SAT</b>	• <b>The Stillness Project 10:00-11:30am</b>	

## OTHER WORKSHOPS

### \*\*Employment Workshops include:

- Resume Building
- Job Search
- Interview Prep & Skills
- How to Disclose your Mental Health
- Finding the 'Right' job for me

**True Colors®**

**Safe Talk**

**Soft Skills**

**Solutions©**

**ASIST Training**

**FIND OUT MORE ABOUT ECMH'S GROUPS AT [WWW.ENRICHMENTCENTRE.CA](http://WWW.ENRICHMENTCENTRE.CA)**

**REGISTER FOR GROUPS AT 613-969-8874 OR  
[JROLLINS@ENRICHMENTCENTRE.CA](mailto:JROLLINS@ENRICHMENTCENTRE.CA)**