

Mary McGill Mental Health Program
GroupCounselling - Adult (16yrs+)



JOIN THE NEW STRUCTURED PEER GROUP

A peer support group with different themes to encourage
meaningful and impactful discussions.

Facilitated by a social worker at the Mary McGill Health Program

If interested email: mmcgill@smhosp.on.ca

WHEN

Virtually - Microsoft Teams (Occurs two Fridays a month)
11:00am - 12:00pm

DATES & WEEKLY THEMES

August 14: Building a Safe Space
September 4: Living with Uncertainty
September 11: Letting Go of Perfectionism
October 2: Boundary Setting and Assertiveness
October 9: Mindfulness

*New Themes to be announced at a later date