

Are you 18+, living in Ontario and struggling with your mental health?



Join our nine-week online Peer Support program.

Our Spring session for **ages 18-35** begins **Thursday, May 5, 2022 from 7-9 p.m.** The Spring session for **ages 18+** begins on **Sunday, May 15 from 2-4 p.m.**

Peer support is a non-judgmental, safe and supportive relationship between people who have lived experience in common in order to provide emotional and social support.

Participants will connect and foster tools to support them in their mental health journey. They will learn from each other and develop strategies and skills to cope with overwhelming situations. Each weekly session will last two hours.

Topics that will be covered include: wellness, goals, stress, resilience, supports, self-talk, gratitude and crisis planning.

This program is being run in partnership with the Gerstein Crisis Centre.

Ashley Boca

Mindfulness Foundation



Charitable Registration Number: 752469536RR0001

FREE REGISTRATION

Two sessions are taking place this Spring.

Join the
Thursday evening
(7-9 p.m.) group or the
Sunday afternoon
(2-4 p.m.) group

Register and learn more
at
www.abmf.charity

