



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

Join our nine-week Wellness Support Group.

Our Fall evening session begins **Thursday, September 22, 2022 from 7-9 p.m.** The Fall afternoon session begins on **Sunday, September 25 from 2-4 p.m.**

Our program has been created in conjunction with Gerstein Crisis Centre and is based on the WRAP model. These groups will be safe, supportive, non-judgemental environments for attendees to share lived experiences and experiences in common while developing new tools and strategies.

Each wellness support group is open to people in Ontario over the age of 18 who are struggling with mental health. Each weekly session will last up to two hours and is completely free to attend. All sessions are held online.

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

Ashley Boca

Mindfulness Foundation



Charitable Registration Number: 752469536RR0001

**FREE
REGISTRATION**

Two sessions are taking place this Fall.

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

