

# Mary McGill Mental Health Program

## Group Counselling - Adult (16yrs+)

Fall 2021



Current Groups	Schedule	Day	Time	Duration	Format
Ongoing Peer Support Group	Weekly	Saturdays	10am – 12pm	Ongoing	Registration required
CBT Group for Depression	Sept 23, 2021	Thursday	10-11:30	12 Sessions	Registration required
DBT Skills Group	Sept 22, 2021	Wednesday	6-7:30 pm	12 Sessions	Registration required
Mindfulness Awareness Stabilization Training	Sept 13, 2021	Monday	5pm-6:30pm	4 Sessions	Registration required

To register or get more information contact 705-434-5140 or [mmcgill@smhosp.on.ca](mailto:mmcgill@smhosp.on.ca)

**PLEASE NOTE: ALL GROUPS ARE BEING OFFERED VIRTUALLY AT THIS TIME**

To get the latest updates on groups or cancellation notifications each week, visit our website at <http://www.stevensonhospital.ca>

Doctor's referrals are not necessary but registrations and group screening may be needed for some groups.

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### CBT for Depression

This Cognitive Behaviour Therapy Group for depression is a supportive and educational 12-session group designed to teach participants skills to cope with feelings and symptoms of depression and anxiety.

### Ongoing Peer Support

This weekly peer led, clinician facilitated group is for anyone experiencing stress, mental health or emotional distress issues. Based on group needs, the session will focus on support, psycho-education, and tools for building coping strategies

### DBT Skills Group

Using Dialectical Behavioural Therapy techniques, this skills group helps people introduce effective and practical skills into their lives, which they can use when they are distressed. These skills are meant to replace other unhealthy and negative behaviours.

### Mindfulness Awareness Stabilization Training

This group teaches introductory mindfulness and emotion regulation skills to people struggling with mental health challenges with an emphasis on psycho-education and shorter meditation practices.