

Mary McGill Mental Health Program

Group Counselling - Adult (16yrs+)

Winter 2020



Current Groups	Schedule	Day	Time	Duration	Format
Anxiety Skills Group	TBD {March/April 2020}	TBD	TBD	7 Sessions	Registration required
Chronic Pain Group	February 7	Fridays	1pm – 3pm	7 Sessions	Registration required
CBT Group for Depression	FULL {next group TBD}	Wednesdays	10am – 12pm	12 Sessions	Registration required
DBT Skills Group	FULL {next group TBD}	Wednesdays	6pm – 8pm	12 Sessions	Registration required
Mindfulness Awareness Stabilization Training	Feb 3 Mar 9	Mondays	10am – 12pm	4 Sessions	Registration required
Ongoing Peer Support Drop In Group	Weekly	Saturdays	10am – 12pm	Ongoing	All Welcome Drop In

To register or get more information contact 705-434-5140 or mmcgill@smhosp.on.ca

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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Anxiety Skills Group

This interactive group introduces anxiety management skills to build resilience and confidence. Participants create a practical *anxiety toolkit* to aid them in dealing with the nervousness, worry, panic, or other overwhelming emotions that result from anxiety

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.

Chronic Pain Group

This group is a support and skills group for people who are dealing with chronic pain and mental health. Focusing on how our thoughts and emotions can affect our pain experience, this group uses psychotherapy and Mindfulness skills to help take an active role in living a better life with chronic pain.

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.

Mindfulness Practice Drop In Group

This group is designed for practice of mindfulness techniques to increase quality of life, management of emotion and the ability to be present. It consists of short guided mindfulness and meditation exercises and discussion.

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

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coping strategies

Summer 2019