

# Mary McGill Mental Health Program



## Group Counselling - Adult (16yrs+)

Summer 2025

Current Groups	Schedule	Day	Time	Duration	Format
<b>Ongoing Peer Support Group</b>	Weekly	Saturdays	10am – 12pm	Ongoing	Registration required
<b>CBT Group for Depression</b>	June 25, 2025	Wednesdays	6 pm – 8 pm	12 Sessions	Registration required
<b>DBT Skills Group</b>	June 25, 2025	Wednesdays	10:00 am-12 pm	12 Sessions	Registration required
<b>Mindfulness Awareness Stabilization Training</b>	July 03, 2025	Bi-weekly Thursdays	10 am- 11 am	7 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: CBT AND DBT GROUPS ARE OFFERED IN PERSON AT MATTHEWS HOUSE**  
**PEER SUPPORT IS OFFERED VIRTUALLY**

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.