

## Who Can Participate?

All participants are required to be of 18 years of age or older.

## Program Details

### Where

10 Barberry Court, N5Z 3C4

### Time

10-11:30 AM

### Dates

Every Thursday starting  
October 7th, 2016-

## Contact Us

We have 3 locations:

### Merrymount Children's Centre Site:

1064 Colborne Street, N6A 4B3

### Southdale Site:

1057 Southdale Road East, N6E 1B3

### Allan Rush Gardens Site

6 Barberry Court, N5Z 3C4

For more information or to



Health Zone  
Nurse Practitioner- Led Clinic



## Wellness Program



Health Zone  
Nurse Practitioner- Led Clinic



## About the Program

### Do you Struggle with...

*Depression?*

*Anxiety?*

*Mood Imbalances?*

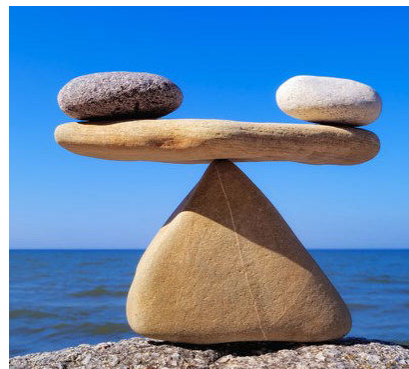
*Difficulty Understand Your Emotions?*

**The wellness program may be a fit for you!**

The wellness program is designed to provide individuals from the community with information regarding mental health wellness which includes physical, emotional and psychological health. The program is 6 weeks in

## Benefits of Group Programs

The Wellness Program is beneficial to the development of skills and abilities in coping with mental health issues and emotional regulation. The goal of the program is to provide tools and successfully navigate transitions, hardships and conditions in life, while building meaningful relationships within



the community.

## Group Topics

**What is Emotional Wellness**

**Exploring Mental Health Conditions**

**What Are Emotions/Emotional Regulation**

**Cognitive Behavioral Therapy Techniques**

**Dialectic Behavioral Therapy Techniques**

**Mindfulness Training**

**Special Topics:**  
**Food and Mood (Tatiana Pyper, Registered Dietician)**