

Mary McGill Mental Health Program

Adult (16yrs+) Group Counselling



2019 Groups	Format	Schedule			
Anxiety Skills Group	Registration needed	Jan 12 Mar 10	7 Sessions 10 Sessions	Wednesdays Sundays	4:30pm – 6:30pm 10:00am – 12:00pm
Chronic Pain Group	Registration needed	Feb 12 Apr 9	7 Sessions 7 Sessions	Tuesdays Tuesdays	6:00pm – 8:00pm 6:00pm – 8:00pm
CBT Group for Depression	Registration needed	Jan 30 Feb 26 Apr 18	12 Sessions 9 Sessions 12 Sessions	Wednesdays Tuesdays Thursdays	6:00pm – 8:00pm 1:00pm – 3:00pm 10:00am – 12:00pm
DBT Skills Group	Registration needed	Feb 7	8 Sessions	Thursdays	1:00pm – 3:00pm
Mindfulness Awareness Stabilization Training	Registration needed	Jan 7 Feb 4 Mar 4 Apr 1	4 Sessions 4 Sessions 4 Sessions 4 Sessions	Mondays Mondays Mondays Mondays	10:00am – 12:00pm 10:00am – 12:00pm 10:00am – 12:00pm 10:00am – 12:00pm
Ongoing Peer Support Group	Open to All Drop Ins Welcome	Ongoing	Weekly	Saturdays	10:00am – 12:00pm

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

Anxiety Skills Group

This six week, 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 seven week group is a support and skills group for people who are dealing with chronic pain and illness. Focusing on the mind / body connection in pain management, this group uses CBT and mindfulness skills to help take an active role in a pain management plan.

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

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.

Visit our website for the latest group schedule

<http://www.stevensonhospital.com>

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