

## Groups for Wellbeing

### Craving Change

This is Canada's #1 cognitive-behavioural program for people who struggle with their eating habits.

This practical, skill-based approach will help you to:

- Understand why you eat the way you do
- Comfort yourself without food
- Change your thinking, change your eating

### Mindfulness for Adults/Teenagers

We run 2 mindfulness groups: adults (18+) and teenagers (grades 9-12)  
Each week, we participate in mindfulness meditation exercises together.

Topics include:

- Connecting authentically
- Mind-body awareness
- Practising gratitude
- Emotional intelligence
- Nurturing compassion

### Taking Control of Your Mood/Anxiety

This is a 8 session depression & anxiety management group based on cognitive-behavioural therapy (CBT). Each week, new healthy coping skills are taught.

### Unleashing the Best Me (grade 9-12)

Teenagers will learn strategies to improve mood, reduce anxiety and improve overall well-being.

Topics include:

- Healthy coping skills
- Mindfulness and relaxation
- Social media
- Self esteem
- Effective communication

### Mood Walks

A 8 week program to support participants mental health through exposure to the healing effects of nature, participation in physical activity and socialization. We will be walking trails throughout York Region.

### Powerful Tools for Caregivers

This group is for people who are in the caregiving role, to help you manage the day-to-day challenges of caregiving.

Topics include:

- Developing a self care "tool box"
- Identifying and reduce personal stress
- Communicating feelings, needs and concerns
- Dealing with emotions such as anger, guilt and depression
- Mastering caregiving decisions

### Cognitive Behavioural Therapy for Insomnia (CBT-I)

Difficulty sleeping? Relying on medication? Stop counting sheep.

Join us to learn evidence-based strategies to help you sleep better!



The full list of our free programs are available on: [www.markhamfht.com](http://www.markhamfht.com)

For more information or to register: Please call Carly @ (905) 471-9999 ext 267  
Or email @ [carly.holmes@markhamfht.com](mailto:carly.holmes@markhamfht.com)