

Feeling Good: How to “Do” Self Care

This will be an eight week group for individuals wanting to learn and share ideas about how to take better care of themselves. The group will include discussion of self esteem, assertiveness, self-talk, physical and mental health/wellness. Participants will be able to try several self care methods including relaxation, visualization, and meditation.

Thursdays 1:30 pm – 3:00 pm

April 22, 2010 – June 10, 2010

Mental Health Services
82 King Street, Picton

Call for information or to register.

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