



Be Kind to Your Mind

Mind Space offers mental wellness groups that explore a variety of concepts and skills to support you and your health

CBT Skills Foundations
Raising Resilient Kids Parenting
Skills for Success: ADHD Strategies for Adults



Ask your primary care provider about Mind Space Groups, a publicly funded, doctor-led program for adults (17.5 or older) to learn practical tools that can improve your mental health.

WHEN: Eight Weekly 1.5 - 2 hr group sessions

WHERE: Virtual (zoom) & In-person (certain regions)

COST: \$65 no show deposit, refundable, financial support available

WAIT TIMES: Short - up to 40 groups run simultaneously



www.mind-space.ca



hello@mind-space.ca



(formerly known as CBT Skills Groups Society)