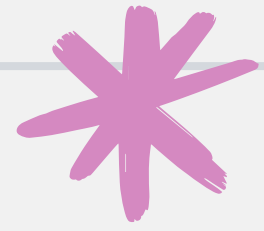
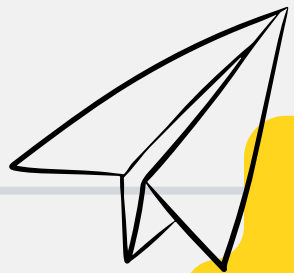


FOCUS & THRIVE

EXECUTIVE FUNCTIONING SKILLS GROUP



Ages 16-24



Learn skills that work with barriers to executive functioning (anxiety, ADHD etc) to support you in focusing better and thriving in everyday li

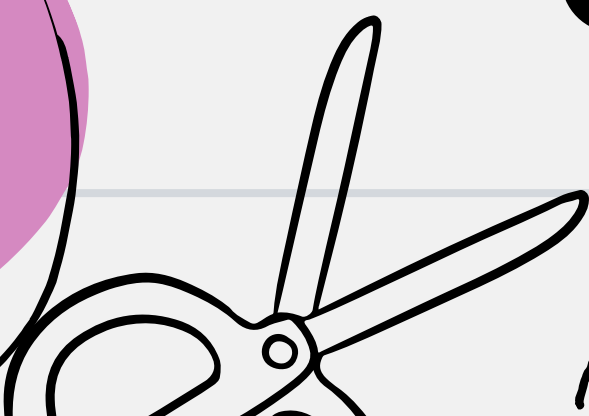
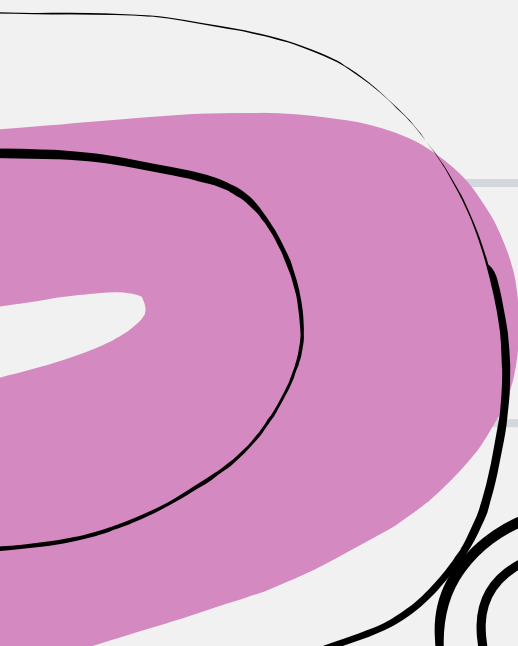
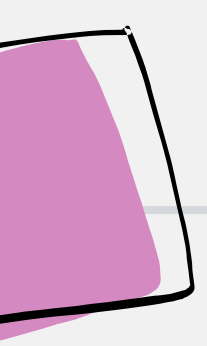
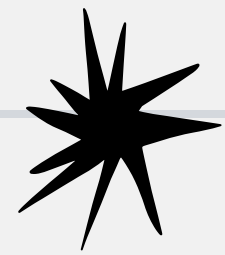
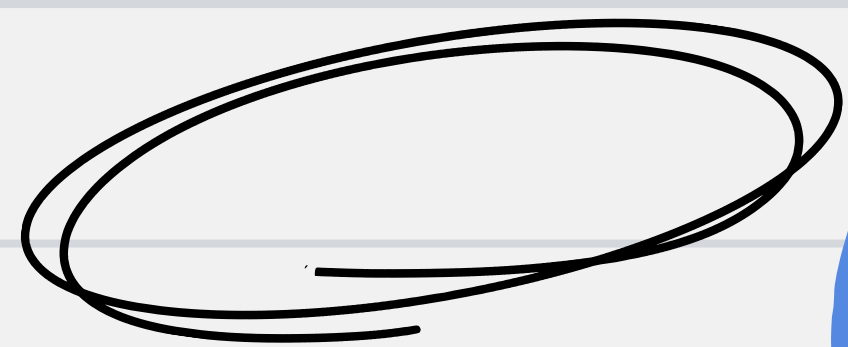
Every Thursday for 5
weeks
1pm- 2:30pm
April 10 2025 - May 8
2025

Scan for Referral



Registration Required

519-751-554 X 2126
walkingalongsideyouth
@bchsys.org

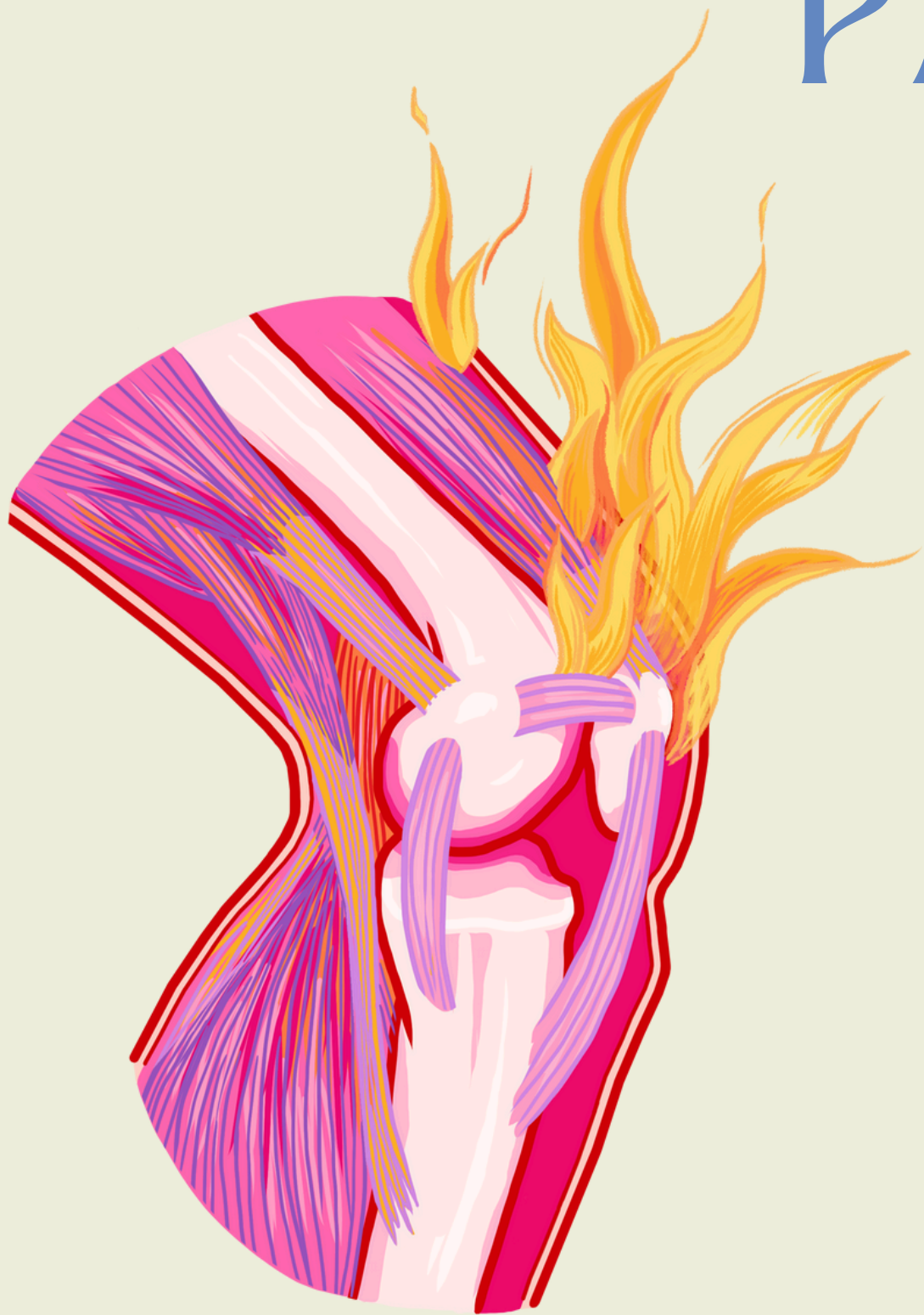




OUTPATIENT MENTAL HEALTH & ADDICTIONS SERVICES

COPING WITH CHRONIC PAIN GROUP

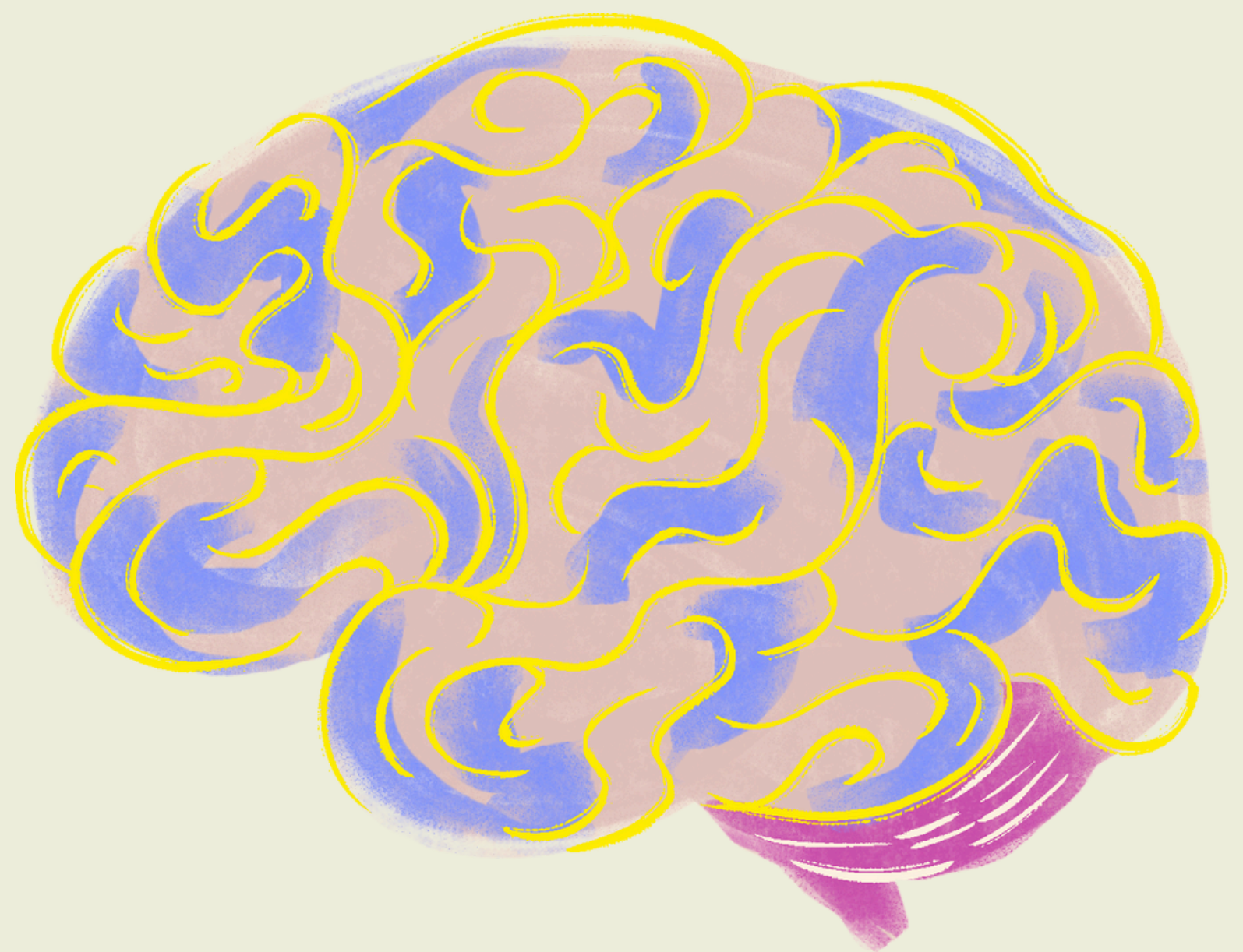
AGES 16-24



Coping with chronic pain. Learn about the nervous system and how moods, emotions, and lifestyle affects pain.

Every Thursday for 9 weeks
1pm-2:30pm May 22 2025- July 17
2025

SCAN FOR REFERRAL



REGISTRATION REQUIRED

519-751-5544 X2126

WALKINGALONGSIDEYOUTH@BCHSYS.ORG

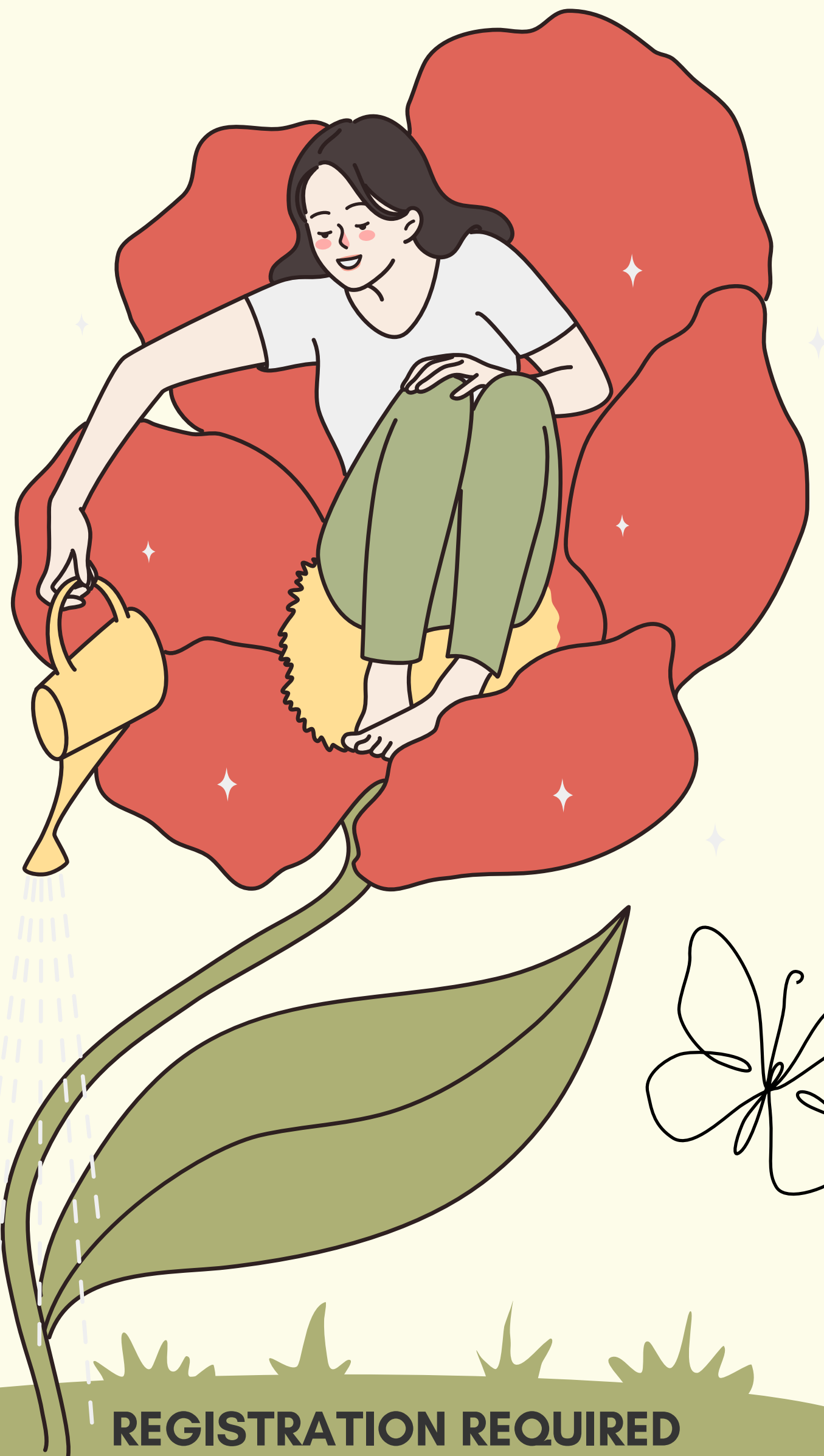
YOUTH SELF ESTEEM GROUP

**EVERY MONDAY FOR 7
WEEKS 1PM-2:30PM
MAY 19 2025- JUNE 30
2025**

AGES 16-24

**LEARN TO BUILD AND
MAINTAIN HEALTHY SELF
ESTEEM IN THIS PEER
FACILITATED GROUP**

SCAN FOR REFERRAL



**REGISTRATION REQUIRED
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