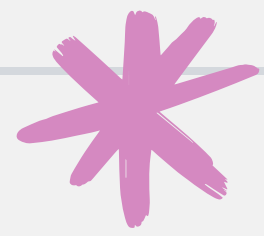


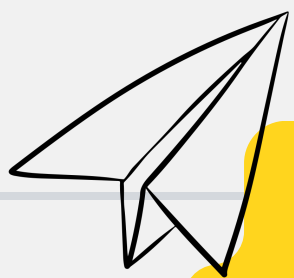
OUTPATIENT MENTAL HEALTH & ADDICTIONS  
SERVICES

# FOCUS & THRIVE

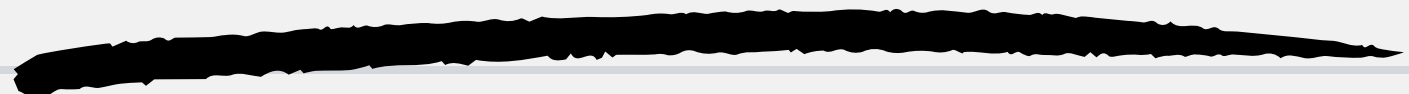
EXECUTIVE FUNCTIONING  
SKILLS GROUP



**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 life



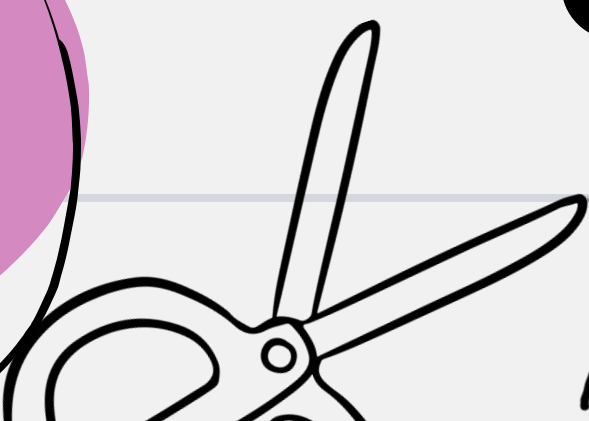
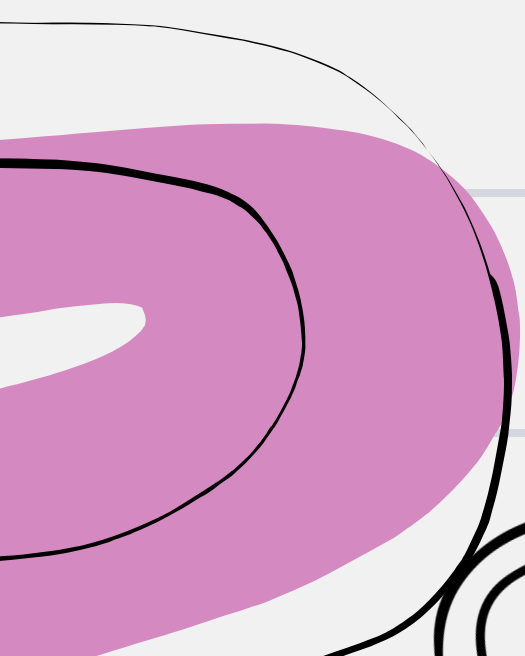
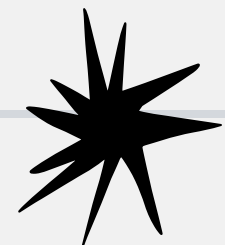
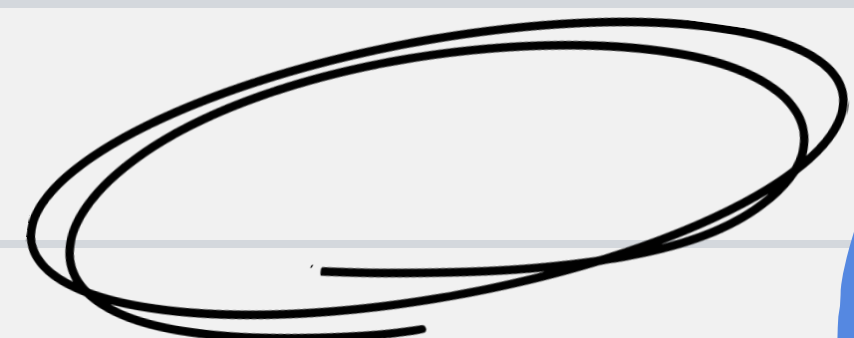
Thursdays at 2pm  
from August 7,  
2025 to  
September 4, 2025

Scan for Referral



Registration Required

519-751-5544 X 2126  
walkingalongsideyouth  
@bchsys.org





OUTPATIENT MENTAL  
HEALTH & ADDICTIONS  
SERVICES

# YOUTH SELF ESTEEM GROUP

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

**THURSDAYS AT 2PM  
SEPTEMBER 11 2025- OCTOBER  
23, 20205**

POSITIVE SELF TALK

BUILD CONFIDENCE

COMBAT THINKING  
TRAPS

SELF COMPASSION

SCAN FOR REFERRAL



REGISTRATION REQUIRED  
519-751-5544 X2126

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