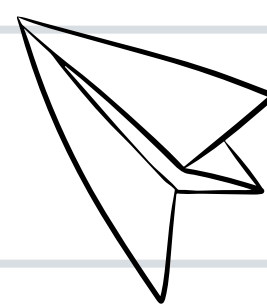


**OUTPATIENT MENTAL HEALTH & ADDICTIONS SERVICES**

# **FOCUS & THRIVE**

**EXECUTIVE FUNCTIONING SKILLS GROUP**

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



**Ages 16-24**

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

Scan for Referral



**Registration Required**

519-751-5544 ext. 2126

walkingalongsideyouth@bchsys.org

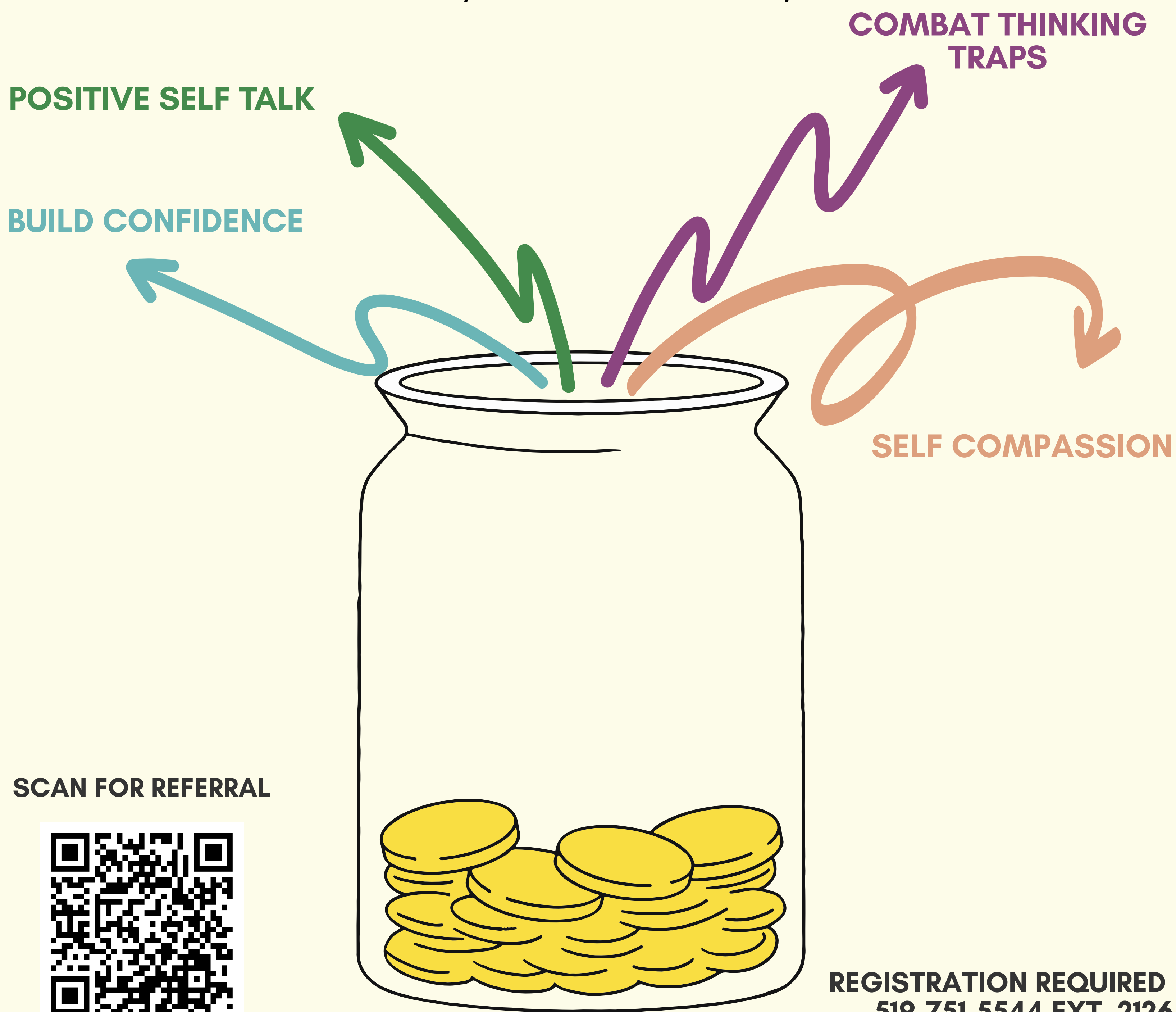


OUTPATIENT MENTAL  
HEALTH & ADDICTIONS  
SERVICES

# 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, 2025**



SCAN FOR REFERRAL



REGISTRATION REQUIRED  
519-751-5544 EXT. 2126

WALKINGALONGSIDEYOUTH@BCHSYS.ORG