

# Southdown Community Wellness Services

## Psychotherapy Group

### Mindfulness Living Stress Management Group

**Description:** Do you experience negative thought patterns that contribute to symptoms of depression, anxiety, and stress? Are you looking for a way to change these patterns of behaviour to improve your quality of life? Mindfulness Living Stress Management is a group therapy that is designed to help individuals connect their patterns of thinking with their moods, behaviours, and other physical symptoms that they are experiencing.

In this 8-week group experience, individuals will learn, through a therapeutic framework, how to make meaningful changes to their environments, thoughts, and behaviours to improve their overall well-being.

**Date:** Wednesdays: February 3, 10, 17, 24, March 3, 10, 24, 31, 2021  
7:00 pm – 8:30 pm Eastern Time (ET)

**Participant Limit:** 10

**Fee:** \$70.00 per session

**Duration:** 90 Minutes

**Delivery Platform:** Zoom

**Presenter:** Marc Simpson, MSW, RSW  
Clinical Team Member

#### Participants will learn:

- strategies to cope with and reduce the experience of depression, anxiety, and stress
- learn to manage the symptoms of anxiety, through using mindfulness techniques, such as breathing and relaxation,
- about assertiveness, communication, perfectionism, and control, and discuss how these concepts relate to the experience of depression, anxiety, and stress.
- how others in the group have experience with similar situations as you, and then practice new skills in a safe setting – the group itself

#### Registration:

An interview with the group facilitator is required for registration. Please call Marc Simpson at 905-727-4214.

#### About the Presenter:



Marc Simpson is a Registered Social Worker and, for the past 25 years, has been providing psychotherapy and counselling to help people develop greater self-expression and self-acceptance, more enriching relationships, and a fuller more meaningful and creative life. He. His clinical practice and training had focused on the use of Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, and Narrative Therapy.

