

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: April 28, May 5, 12, 19, 26, June 2, 9, 16, 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.

