

Building A Mental Health Tool Kit



A
Zoom
Workshop



with Amanda Zhou & Sam McCorriston,
Registered Clinical Counsellors,
AsUR Counselling & Consulting Services

Four sessions for adults, 19+ years old, who are motivated to examine barriers in their lives and who want to explore some tools that will enable them to become the person that they want to be.
8 participants, each session 1.5 hours.

Specific workshop objectives will be examined in relation to strategic tools for coping with stress, for increasing success in relationships, and for building resiliency in life.

Workshop Objectives:

- To gain a better understanding of the impact of our emotions & experiences, and to make choices that best serve our health, safety & well-being.
- To connect the dots between past experiences and present choices.
- To process the relationship between the autism diagnosis and one's identity.

Workshop Tools:

- Externalization: How to see problems as separate from myself.
- Mindfulness: How to be fully present and engage with ourselves & others without judgement.
- Communication: How to voice one's needs & boundaries.
- Managing emotions: How to recognize and process feelings and experiences in ourselves & others.

Time & Cost:: Tuesday, 7:15pm PST, March 23,30, April 6, 13
Please register no later than 24 hours before event start..

\$100 CAD



To Register: [Please Click Here](#)