

Mental Health Workshops

Alcona Glen Elementary School
1310 Innisfil Beach Road
(Free Workshops)

Building Self-Esteem (Ages 14-19)
Thursday, Oct. 3, 7-8pm

Stress & Anxiety: Exploring the Difference (Ages 14-19)
Thursday, Oct. 10, 7-8:30pm

Grief (Art Therapy) (Ages 14-19)
Thursday, Oct. 17, 7-8:30pm

Social Media Education (Ages 14-19)
Tuesday, Nov. 5, 6-7:30pm

Social Media Education for Adults (Ages 19+)
Tuesday, Nov. 5, 7:35-9:05pm

Drug Awareness for Youth (Ages 14-19)
Tuesday, Nov. 12, 6-7:30pm

Drug Awareness for Adults (Ages 19+)
Tuesday, Nov. 12, 7:35-9:05pm

How to Create Healthy Boundaries (Ages 14-19)
Tuesday, Nov. 19, 7-8pm

Innisfil Town Hall- Community Room
2101 Innisfil Beach Road

SafeTALK (Ages 18+)
Friday, Sept. 27, 9am-1pm
Friday, Oct. 23, 9am-1pm

Applied Suicide Intervention Skills Training (Ages 18+)
Tuesday-Wednesday, Oct. 29-30, 9am-4pm

Parent & Caregiver Support (Ages 19+)
Thursday, Nov. 14, 7-9pm

Rizzardo Health & Wellness Centre
7325 Yonge Street

Mental Health First Aid:
Adults who interact w/ Youth (Ages 18+)
Wednesday-Thursday, Nov. 6-7, 9am-4pm

**For more information about each
workshop visit innisfil.ca/SpeakYourMind**