

RAMP Up Group 2025

Event Description:

Would you like to have more feelings that are positive on a daily basis? Are you interested in finding more contentment in the way you live your life? Our RAMP Up Group (Recovery and Maintenance Program) is a strengths-based, open group created from the principles of Positive Psychology.

Group Topics:

- Mindfulness: Living in the Present Moment
- Coping Strategies: Managing Stress and Hardships
- Gratitude and Positive Thinking
- Relationships: Investing in Social Connections
- Self-Care: Taking Care Of the Body and Soul

Who Should Attend?

Adults 16+ residing in York Region or South Simcoe

Dates and Times:

1:30pm-2:30pm for the following dates:

January 28, February 25, March 25, April 29, and May 27.

Location:

Virtual (link provided day before group)

Register:

[Click here to register for January 28](#)

[Click here to register for February 25](#)

[Click here to register for March 25](#)

[Click here to register for April 29](#)

[Click here to register for May 27](#)

Contact:

Lesley Reiner- MH Group Facilitator

lreiner@yssn.ca

