

Shame-Resilience Group



Canadian Mental
Health Association
York and South Simcoe
Mental health for all

Join us for an 8-week Shame-Resilience Group that will help you understand the relationship between shame and your mental health and teach you skills to help you become resilient to the impact of shame.

To participate in this group, it is recommended, but not required, that you have participated in a dialectical behaviour therapy skills group in the past or together with this Shame-Resilience Group.

The curriculum is based on the work of Brené Brown, Ph.D., L.M.S.W., a research professor at the University of Houston and a renowned speaker and author who studies courage, vulnerability, shame, and empathy.

This group is offered in partnership with CMHA.

Please Note:

This is a closed group offered to individuals active in Case Management with YSSN or CMHA. A Referral does not guarantee acceptance.

Details:

Participants have the option to attend this group either virtually or in-person. Sessions are held once per week in the afternoon for eight weeks. Attending all sessions is recommended but not mandatory.

New groups start every January and September.

Who Should Attend:

This group is for adults 16+ residing in York Region/South Simcoe with a diagnosable mental health challenge excluding psychosis and developmental disabilities.

To learn more:

Please contact **Mental Health Group Coordinator** at MHgroups@yssn.ca

For more YSSN events, visit:
yssn.ca/calendar



YSSN is a hub for Developmental, Mental Health and Children's Services that helps people navigate services to live their best lives.

[YSSN.ca](https://yssn.ca)