

SHINE PROGRAM
CMHA SIMCOE COUNTY
134 ANNE ST S BARRIE
705 726 5033

ON TWITTER
@STARTTALKING1
ON FACEBOOK AT CMHA-
SIMCOECOUNTY AND
STARTTALKING

YOUTH DROP IN

THURSDAYS
2PM - 4PM

1:1 SUPPORT
ACCESS TO HOUSING LISTING AND JOB LISTINGS
QUIET HANG OUT SPACE
ARTS AND CRAFTS
WII, MOVIES, BOOKS, GAMES
INFORMATION ABOUT COMMUNITY
RESOURCES



SHINE YOUTH GROUPS

CMHA Simcoe County

**DROP
IN**

COPING GROUP

drop in any tuesday for peer support, fun activities and focus on developing coping . This group is ongoing

**MAR
23**

CHAOS TO CONTROL

recognize the impact of choice, learn alternative coping strategies and mindfulness and DBT basics

**APR
27**

SELF ESTEEM

learn ways to improve self image, identify strengths and reach your goals

**JUN
1**

MAKING CHANGE

explore moods, change, healthy coping and relationships through art based activities


GROUPS RUN FOR FOUR WEEKS FROM 4-5PM AT 134 ANNE S ST BARRIE

YOUTH AGES 14-24 ARE WELCOME TO PARTICIPATE

TO SIGN UP OR GET MORE INFO

CALL 705 726 5033 OR TEXT 705 321 5795

GET UPDATES ON TWITTER AT STARTTALKING1



SHINE YOUTH SERVICES
CMHA SIMCOE COUNTY

walk in intakes

ages 14-24

access to youth case management, groups, youth
addictions services

information for parents and supports of youth
support with community information and referrals

MONDAYS 1PM - 4PM

134 ANNE ST S BARRIE ON



705 726 5033