

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

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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