

Weekly Check-In & Goal Setting: Our weekly check-in group is always on Monday morning, giving participants an opportunity to share their struggles and achievements over the weekend. In this group, we set S.M.A.R.T goals, focused on both short and long term goals based on the individual's needs.

Relaxation Therapy: During this group, we follow a guided meditation to help with a variety of concerns (e.g. anger, fear, anxiety). We want to have our participants be as comfortable as possible, so we have created a relaxing and safe environment with incense and essential oils available to use upon request.

Art Therapy: This group changes each week, with some groups being open to different artistic mediums (e.g. colour therapy, painting) to pre-registered classes where a specific craft is being created. It is for participants to express themselves through whatever creative outlet they are comfortable with.

Mental Health Nutrition: In this group, we have a registered nutritionist/dietitian discuss healthy choices specific to helping improve overall brain function, memory, and mental health. A portion of this group is psychoeducational, with a discussion about nutrition following a set topic, and the latter half is spent baking or cooking with a registered nutritionist.

Communication Skills: We cover a vast variety of communication skills such as passive vs. assertive communication, managing intense emotions, conflict negotiation, boundary setting, and family communication. While the groups are informational and educational, they always offer many practical and applicable strategies that can be used in everyday life.

Anger Management: We cover a range of skills, both educational and practical, to learn to recognize the signs of becoming angry and taking action to calm down and deal with the situation at hand in a productive way. We learn to better manage our anger and learn to express it in a healthy way.

Self-Esteem: In our Self-Esteem groups, we explore the concept of self-esteem and our personal development with a healthy concept of self. These groups are designed to be practical as they offer participants the understanding and tools to help foster a healthy sense of self and work on positive self-image.

Family Dynamics: This group series is run for the purpose of helping participants understand their family as a system and how this environment may have impacted their development, in both adaptive and maladaptive ways. Each group covers a specific topic, which is listed on the monthly calendar.

Understanding Ourselves: The 'Understanding Ourselves' series helps participants look at their role in their environment and personal life as autonomous decision makers, helping to empower their choices and better learn about oneself. Each group covers a specific topic, which is listed on the monthly calendar.

Creative Writing/Journals: This group offers participants a creative outlet to externalize and express their inner emotions. Here, groups include journal writing workshops, poetry groups, and creative story writing, all with the focus on each individual's own mental health journey.

Yoga: In this group, we have a trained professional come to teach a disciplined form of yoga. During these classes we learn to practice breath control, simple meditation and specific body postures for health, relaxation and self-reflection purposes.

Mental Health Symptom Management: These types of groups include topics such as coping with depression, managing anxiety, dealing with stressful life circumstances, and many more. They begin with a psychoeducation piece, and always have a practical component that participants can take away and apply to their daily lives.

Outings: Our outings are part of My Second Home's social component in encompassing a holistic approach to mental health. If you choose to join us on an outing, MSH provides transportation, as well as covers the cost of the activity. However, spaces are limited, so pre-registration is required via e-mail, phone, or in person on a first come first serve basis.

During the times in between group sessions, My Second Home acts as a drop-in self-care space. Participants can work on creative endeavors, engage socially with others, take time to themselves or request a one-on-one with the Mental Health Program Coordinators.