



Hamilton Family Health Team
Better care, together.

Mental Health Groups Schedule

Fax referral forms to 905-667-4873 | Questions? Call 905-667-4852

YOUTH GROUPS

YOUTH AGES 14-18	DATES & TIMES	LOCATION	NOTES
AFFIRM	TBD	TBD	Referral Not Required Patients should fill out online screening at www.projectyouthaffirm.org .
Film Therapy	TBD	TBD	
Social Anxiety for Youth	Oct 17-Jan 16 Thursdays 6:00-8:00 pm	Downtown Hamilton	
Team Unbreakable	Sep 10-Nov 28 Tues/Thurs 6:00 – 7:30 pm	North Hamilton	
Youth CBT for Depression & Anxiety	Aug 12-Oct 28 Mondays 6:00-8:00 pm	Downtown Hamilton	FULL
	Oct 3-Dec 19 Thursdays 4:00-6:00 pm	Downtown Hamilton	FULL
Youth Coping Skills Group (14 – 18 yrs.)	Tuesdays 5:30 – 7:30 pm [Ongoing]	Downtown Hamilton	New participants accepted every 5 weeks

ADULT GROUPS

ANXIETY GROUPS	DATES & TIMES	LOCATION	NOTES
Managing Anxiety Group	Aug 19-Nov 4 Mondays 6:00-8:00 pm	West Mountain	FULL
	Sep 3-Nov 5 Tuesdays 6:00-8:00 pm	East Hamilton	FULL
	Sep 5-Nov 7 Thursdays 6:00-8:00 pm	Downtown Hamilton	FULL
	Sep 23-Dec 2 Mondays 6:00-8:00 pm	West Hamilton	FULL
	Oct 21-Dec 30 Mondays 6:00-8:00 pm	Downtown Hamilton	FULL
	Oct 23-Jan 8 Wednesdays 6:00-8:00 pm	West Hamilton	FULL
	Nov 4-Jan 20 Mondays 6:00-8:00 pm	Central Mountain	FULL
	Nov 13 – Jan 29 Wednesdays 6:00-8:00 pm	East Hamilton	FULL
Social Anxiety Group	Sep 5-Oct 31 Thursdays 6:00-8:00 pm	Downtown Hamilton	FULL
	Nov 7-Jan 9 Thursdays 6:00-8:00 pm	Central Mountain	FULL
CHRONIC PAIN GROUPS	DATES & TIMES	LOCATION	NOTES
Living Better with Pain	Sep 25-Oct 30 Wednesdays 2:00-4:00PM	Downtown Hamilton	

COPING SKILLS GROUPS	DATES & TIMES	LOCATION	NOTES
Coping Skills Adult Group	Wednesdays 5:30-7:30 pm [Ongoing]	Central Mountain	New participants accepted every 5 weeks
	Thursdays 6:00-8:00 pm [Ongoing]	East Hamilton	
	Fridays 9:30-11:30 am [Ongoing]	Downtown Hamilton	
Skills for Emotion Regulation & Self-Compassion	Sep 25-Nov 13 Wednesdays 6:00-8:00 pm	Downtown Hamilton	FULL
	Oct 28 – Dec 16 Mondays 6:00-8:00 pm	Downtown Hamilton	
	Oct 29-Dec 17 Tuesdays 6:00-8:00 pm	Central Mountain	FULL
DEPRESSION GROUPS	DATES & TIMES	LOCATION	NOTES
Coping with Depression Group	Sep 4 - Oct 16 Wednesdays 6:00-8:00 pm	West Hamilton	FULL
	Nov 11-Dec 30 Mondays 6:00-8:00 pm	East Hamilton	FULL
	Dec 2-Jan 20 Mondays 6:00-8:00 pm	West Mountain	FULL
MENTAL HEALTH & NUTRITION GROUPS	DATES & TIMES	LOCATION	NOTES
Binge Eating Disorder Group	Sep 9-Feb 3 Mondays 6:00-8:30 pm	Downtown Hamilton	FULL
Mindful Eating: Emotional Eating & Food Craving Group	Sep 25 – Oct 30 Wednesdays 6:30-8:30 pm	Dundas	FULL
	Oct 15 – Nov 19 Tuesdays 9:30-11:30 am	West Mountain	FULL
	Nov 5 – Dec 10 Tuesdays 6:30-8:30 pm	East Hamilton	

SUBSTANCE USE GROUPS	DATES & TIMES	LOCATION	NOTES
DA VINCI	Sep 4 -Dec 18 Wednesdays 1:00-3:00PM	Downtown Hamilton	
DrinkWise	Nov 19-Dec 17 Tuesdays 6:30-8:00 pm	Downtown Hamilton	Self-referrals accepted
WELLNESS GROUPS	DATES & TIMES	LOCATION	NOTES
Women Working Towards Wellness	Sep 9-Oct 21 Mondays 6:00-8:00 pm	Downtown Hamilton	Self-referrals accepted
	Nov 12-Dec 17 Tuesdays 6:00-8:00 pm	West Hamilton	FULL