



When people have let us down in the past – in a BIG way – it can impact our ability to trust again.



Playing with Trust

Learning to be more trusting is possible!

In this group, we learn by playing games! We also talk about:

- Coping skills for big emotions
- How our brains work
- Different styles of attachment
- Stages of grief and loss
- Self-compassion

To register, or for more information, talk to Kerry Brown
416-929-9614 ext. 3236
kbrown@ysm.ca

Thursdays

May 23 to July 11
(1:00 - 2:30 pm)
For ages 16-29

This group will be **IN-PERSON ONLY** at YSM Evergreen (365 Spadina)

There are some criteria for participating in this group. A group leader will talk it over with you!

Plus...
homemade cookies
are included!

