

ART OF FRIENDSHIP



CMHA's Art of Friendship program

SKILLS AND PEER GROUP This nine-week program will cover topics including human behaviour, responsibility & commitment, values, boundaries & trust and dealing with conflict. Refreshments and snacks will be provided.

Tuesday, March 20-
Tuesday, May 8
1:30pm-3:30pm

Wednesday, March 21-
Wednesday, May 9
5:30pm-7:30pm

*Program has been
condensed into a 8 week
agenda

Once individuals have graduated from the Art of Friendship, they will have the opportunity to join the Community Circle of Friends. This groups practices the skills learned in a social setting.

For more information:

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780-743-1053



Canadian Mental
Health Association
Wood Buffalo
Mental health for all