

MENTAL HEALTH COUNSELLING SERVICES

If you are experiencing mental health concerns, Kamloops Mental Health & Substance Use (MHSU) offers a variety of virtual group counselling & education supports via Zoom. At first, group therapy might sound intimidating? This is common. Even people who were initially hesitant to try group therapy report many benefits. In fact, strong research on the benefits of group therapy makes this therapeutic mode an ideal choice to develop new wellness skills quickly and to make positive changes in your life.

Our groups are facilitated or co-facilitated by either a psychiatrist, psychiatric nurse or by MHSU clinicians. Open groups are offered weekly and are a drop-in format. Closed groups have a maximum number of participants and occur for a series of consecutive weeks. All eligible participants need to be registered with Kamloops MHSU. If you have any questions about eligibility or how to be referred into one of these groups, please speak to an Access clinician at **250-377-6500**.

Open Groups

Open groups meet virtually over Zoom every week, on the same day and time, and on an ongoing basis. Attendance is 'drop-in' in style and entirely voluntary.

WAYFINDER'S WORKSHOP

The Wayfinder's Workshop Series is an introductory, educational group which explores a variety of skills and tools to help you manage in these uncertain times. This group meets virtually **Mondays from 10 to 11am**.

TOPICS:

- Introduction to Mindfulness
- Body Talk: Listening to Anxiety & Depression
- Distress Tolerance: Crisis Survival Skills
- Introduction to Anxiety
- Distress Tolerance: Acceptance Skills
- Worry Thoughts
- Mindful Way Through Depression
- Managing Worry Thoughts
- Emotional Regulation Skills
- Relaxation Skill Sampler
- Self Compassion

MINDING ANXIETY

This series of workshops aims to provide a stigma-free, safe and welcoming environment for individuals to learn more about anxiety and themselves. This group meets virtually on **Tuesdays from 12-1pm**.

TOPICS:

- Anxiety 101
- Personal Leadership
- The Breath
- Boundaries & Assertive Communication
- Mindfulness
- Self esteem/Self Compassion
- Approaches to Care
- Self care

EVENING WELLNESS

This group is designed for folks who cannot join a daytime group and may or may not have attend groups before. The focus will be on learning and practicing basic wellness skills. This group meets **Thursdays from 5:30 to 6:30pm.**

TOPICS:

- Goal Setting
- Skills for using the Mind-Body Connection
- Mindfulness, Emotional Regulation, Distress Tolerance (Dialectical Behavioral Therapy)
- Cognitive Behavioral Therapy (CBT) based skills
- Skills for Building Awareness
- Wellness & Self Care Planning

Closed Groups

Closed group meeting dates and times are variable and scheduled on an ongoing basis. Please contact your MHSU Clinician or our Access department to find out about upcoming dates and/or to register.

CBT (COGNITIVE BEHAVIORAL THERAPY)

CBT offers 8-educational sessions designed to increase awareness of thoughts, behaviors, emotions, and physical sensations and how they are connected. Participants will learn new skills to shift unhelpful thought patterns, assumptions and beliefs. Each session will cover the basics of a CBT concept. There will be opportunities to listen, share, ask questions and use worksheets for reflection and practice.

TOPICS

- Definition of CBT/Principals/Overview
- Thought Records
- Thoughts (negative automatic thoughts)
- Identifying Core Beliefs
- Unhelpful Thinking Styles
- Adjusting Negative Core Beliefs
- Challenging Negative Automatic Thoughts
- Behavioral Experiment & SMART Goals

EMOTIONAL REGULATION GROUP

Emotion Regulation group offers 7-sessions based primarily on Dialectical Behavioral Therapy (DBT). Group participants will have an opportunity to learn about their own emotions and how to regulate them. Sessions will explore a variety of practical skills that can be used to improve how participants relate to themselves, handle distress and interact with others. There will be opportunities to listen, share, ask questions and use worksheets for reflection and practice.

TOPICS

- CBT Model & Purpose and Characteristics of Emotions
- Mindfulness – How Skills
- Introduction to Mindfulness and States of Mind Model
- Check the Facts
- Opposite Action
- Mindfulness -What Skills: observe, describe, and participate
- Distress Tolerance skills

CORE MINDFULNESS

Core Mindfulness group offers 8 sessions based primarily on Dialectical Behavioral Therapy (DBT). Group participants will have an opportunity to learn a variety of mindfulness skills and engage in experiential practices. There will be opportunities to listen, share, ask questions and use worksheets for reflection and practice.

TOPICS

- What is Mindfulness
- States of Mind
- Observe Skills
- Describe Skill
- Participate Skill
- Non-Judgmental Skill
- One-Mindfully Skill
- Effectively Skill
- Experiential Practice

EFFECTIVE COMMUNICATION

Effective Communication offers 6 educational sessions designed to increase awareness of one's communication styles and assertiveness skills. Participants will learn new skills to shift unhelpful communication styles and build more effective skills. Each session will cover a component of effective communication with an emphasis on assertiveness. There will be opportunities to listen, share, ask questions and use worksheets for reflection and practice.

TOPICS

- Understanding Assertiveness
- Saying "No"
- Communication Styles
- Responding to Criticism
- Assertiveness Techniques
- Giving & Receiving Compliments

What's Next?

Are you a graduate of one of the closed groups above? Are you looking for a forum to continue discussing mental wellness skills week-to-week? If so, this by-invitation-only group might be for you.

SUPPORT & SKILLS PRACTICE GROUP

This is an on-going drop in group for those people who have **already completed a registered closed group therapy series** and want ongoing support in developing and practicing the skills they were taught. This group meets virtually every **Thursday from 12:30-2pm**. Participants will come to sessions with skills they would like to discuss and develop while also supporting their co-participants. Topics are variable. Each session will cover whatever participants bring up as areas for discussion. There will be opportunities to listen, share, and ask questions. *To access this group ALL REFERRALS MUST come from the counselling team only.

Still can't find what you're looking for?

There are other groups at Kamloops MHSU too. We host several groups related to substance use and eating disorders. Please contact the Access department at Kamloops MHSU at **250-377-6500** for more information.

Call 911 if you or someone you know is in immediate danger or needs urgent medical care. If you are in distress, consider reaching out to your support system and/or the following crisis services:

- **250-377-6500** – MHSU Kamloops – Access (M-F from 830am-5pm)
- **1-888-353-2273** – Interior Crisis Line Network (24/7/365)
- **1-800-784-2433** – BC Crisis Centre (24/7/365)
- **310-6789** – Mental Health Support Line (for emotional support, information and resources specific to mental health)
- Online chat service for youth: www.youthinbc.com (12pm-1am)
- Online chat service for adults: www.crisiscentrechat.ca (12pm-1am)
- Online chat service for indigenous peoples: www.hopeforwellness.ca (24/7/365)
- **1-866-585-0445** – Speak with a counsellor to help you support someone in distress (WTC - Wellness Together Canada. All services are 24/7/365)
- **1-855-242-3310** – Immediate crisis support for indigenous peoples in distress (WTC)
- **Text FRONTLINE to SMS# 741741** – Frontline workers in distress (WTC)
- **Text WELLNESS to SMS# 741741** – Immediate crisis support for adults in distress (WTC)
- **Text WELLNESS to SMS# 686868** – Immediate crisis support for youth in distress (WTC)
- **1-833-456-4566** – Canada Suicide Prevention Service (24/7/365)
SMS# 45645 – 4 to 12am EST
- **250-372-0179** – Kamloops Sexual Assault Counselling Centre
- **1-800-588-8717** – KUU-US (Indigenous) Crisis Line
- **811** – HealthLink BC (speak to a nurse, dietician or pharmacist)
- **250-374-5111** – Royal Inland Hospital

