

Webinar Schedule

CFS's MindSelf programming includes single-session webinars, webinar series, and multi-session groups offered to participants at no cost. Pre-registration is required.* For additional information, please visit our website at cfssc.ca.

*Webinar attendance is limited. Please register early to secure your spot.

Technical requirements

Participants are required to register for virtual workshops using the Eventbrite link provided. **Virtual workshops (webinars) are offered on the Zoom platform.** Participants must have access to the technology needed to participate. Webinar links will be sent out 24 hours through Eventbrite prior to the webinar start time. You are encouraged to check out the platform prior to the webinar and become familiar with the layout. This will help to support a smooth login process on the webinar date. [Click here for more information about using Zoom.](#)

Single-Session Webinars

Navigating Grief Through the Holiday Season

Sometimes the holidays are not joyous and happy for everyone. Not everyone looks forward to the hustle and bustle, the pretty lights, or the holiday parties. For some, it is a time of grief, sadness, and loneliness. Join us for this workshop to explore some practical coping strategies to navigate grief during the holiday season.

Date & Time: December 6, 2023 / 1:30pm

Registration Link: <https://www.eventbrite.ca/e/navigating-grief-during-the-holiday-season-tickets-695631441367>

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Webinar Series (attend one or all as noted below)

Dialectical Behaviour Therapy (DBT) Series

Tuesdays; Nov. 7-Dec. 30, 2023 / 1:30pm
Wednesdays; June 12-July 10, 2024 / 10am

The DBT series is a five-week program providing a high-level overview of the respected work of Dr. Marsha Linehan. Topics and skills covered include mindfulness, emotion regulation, distress tolerance and interpersonal effectiveness. Series webinars can be taken together or separately. Each webinar is one hour in length and requires pre-registration.

The Basics (DBT Series Webinar #1)

This is an introductory webinar describing what exactly DBT is and how it was formed. This is meant for anyone who may or may not have heard of DBT and wants a little more information. This series will introduce the teachings of Dr. Marsha Linehan; creator of the DBT model. In this session, the four main components of DBT are briefly described with the hopes you will join in the rest of the series for further explanation.

Date & Time: November 7, 2023 / 1:30pm | June 12, 2024 / 10am

Registration Link: <https://www.eventbrite.ca/e/dbt-101-the-basics-tickets-690984963627>

Mindfulness (DBT Series Webinar #2)

Is your mind full of all the things you need to do in a day? Are you overwhelmed with it all? In this session we will define and introduce mindfulness under a DBT lens. This session will examine what mindfulness is and how it can be used in moments of crisis. Brief mindfulness practices will be shown so you can learn how to return to the present and tackle what's in front of you.

Date & Time: November 14, 2023 / 1:30pm | June 19, 2024 / 10am

Registration Link: <https://www.eventbrite.ca/e/dbt-101-mindfulness-tickets-695624620967>

Emotion Regulation (DBT Series Webinar #3)

Stressed? Overwhelmed? Frustrated? Who isn't sometimes? When these emotions arise, are you ready? This session will discuss how emotions are created and how we can deal with them as they arise. We will also look at whether the emotions that come up fit the situation. A few emotion-regulation skills will be introduced as well for you to practice in moments of extremely emotion.

Date & Time: November 21, 2023 / 1:30pm | June 26, 2024 / 10am

Registration Link: <https://www.eventbrite.ca/e/dbt-101-emotion-regulation-tickets-695626857657>

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Distress Tolerance (DBT Series Webinar #4)

You ever feel like this situation or crisis is impossible to face? Sometimes we have to evaluate our level of suffering and who it is affecting. Distress Tolerance skills can help us accept a situation without approval. Why? To lessen our own suffering and make the situation more bearable.

Date & Time: November 28, 2023 / 1:30pm | July 3, 2024 / 10am

Registration Link: <https://www.eventbrite.ca/e/dbt-101-distress-tolerance-tickets-695628141497>

Interpersonal Effectiveness (DBT Series Webinar #5)

“No!” Such a small word, but it has a big impact. In this session we will review communication skills and how DBT utilizes strong assertiveness skills. Learning how to say no is difficult. In this session we will go over how you can practice saying no without feeling guilty. Also, how to find your voice to speak up for what you need and/or want.

Date & Time: December 5, 2023 / 1:30pm | July 10, 2024 / 10am

Registration Link: <https://www.eventbrite.ca/e/dbt-101-interpersonal-effectiveness-tickets-695630037167>

Relationship Series

Tuesdays, Feb. 6-27, 2024 / 6pm

The Relationship Series is a four-week, four-webinar program. Topics and skills covered include healthy relationships, the language of love, healthy communication, and building intimacy in relationships.

Series webinars can be taken together or separately. Each webinar is one hour in length and requires pre-registration.

Healthy Relationships (Relationship Series Webinar #1)

Healthy Relationships explores the core components of what a healthy relationship looks like. Life stressors and outside factors can impact our relationships or exacerbate relationship challenges or tensions. This webinar looks at the foundational elements of positive, healthy relationships and how to build and maintain them.

Date & Time: February 6, 2024 / 6pm

Registration Link: <https://www.eventbrite.ca/e/relationship-series-healthy-relationships-tickets-696954528757>

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Love Languages (Relationship Series Webinar #2)

Love Languages is a fun and interactive webinar that explores the 5 love languages by Dr. Gary Chapman. You will uncover your own love language and we will answer questions like: *How do we express love to others in a way that is meaningful?* and *How can you communicate your emotional need for love accurately?* This webinar will explore all 5 love languages and their dynamics in our personal relationships.

Date & Time: February 13, 2024 / 6pm

Registration Link: <https://www.eventbrite.ca/e/relationship-series-the-language-of-love-tickets-696969954897>

Healthy Communication (Relationship Series Webinar #3)

Healthy Communication is the cornerstone of any relationship. We need to be able to share our thoughts, ideas, and feelings with the people in our lives. In relationships, communication can be challenging, and where there is stress or strain already occurring, effective communication can become forgotten.

This webinar looks at the basics of healthy communication in relationships. It introduces skills and strategies that can be used to navigate challenging conversations, and methods to implement on an ongoing basis to strengthen overall communication skills.

Date & Time: February 20, 2024 / 6pm

Registration Link: <https://www.eventbrite.ca/e/relationship-series-healthy-communication-tickets-696956594937?aff=oddtcreator>

Building Intimacy in Relationships (Relationship Series Webinar #4)

Intimacy is closeness between people in personal relationships. It's what builds over time as you connect with someone, grow to care about each other, and feel more and more comfortable during your time together. It can include physical or emotional closeness, or even a mix of the two. Sometimes as relationships evolve and we become caught up in the busyness of life, intimacy can take a backburner in our relationship. This workshop explores the importance of intimacy in relationships and how to start rebuilding what you have lost.

Date & Time: February 27, 2024 / 6pm

Registration Link: <https://www.eventbrite.ca/e/relationship-series-building-intimacy-tickets-698343071927>

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Multi-Session Groups

Please note that **groups are being offered by virtual means only** at this time. Sessions will occur weekly using the Zoom platform. Multi-session group spaces are limited, so please register as soon as possible to secure your spot.

Anger Management

Thursdays, Sept. 7-28, 2023 / 2pm
Tuesdays, Jan. 9-30, 2024 / 1:30pm
Tuesdays, March 19-Apr 9, 2024 / 10am

In this new 4-week program we will explore the causes and symptoms of anger, the power of any intense feelings, as well as how much stress can affect our ability to emotionally regulate. We will examine anger myths, emotional triggers, and the impacts our emotions have on our personal and professional relationships. Each session will introduce some practical coping skills. In the final session we will focus on how to move forward with the newly acquired skills and work towards a new best possible self.

Registration: Visit 1door.ca or call 705-726-2503

Adult DBT Skills Group *

Sept. 13-Nov. 15, 2023 / 10am
Jan. 10-March 13, 2024 / 10am
April 3-June 5, 2024 / 1:30pm

Marsha Linehan's dialectical behaviour therapy (DBT) is an evidence-based model of therapy that helps people learn and use new skills to build lives they feel are worth living. DBT is made up of four main components: core mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. These components consist of skills that help us to be more present in our bodies, lives, and relationships; understand and manage our emotions; cope with and survive intense emotions and improve our relationships. This group is psychoeducational and will consist of discussion, weekly "take-home" practice, videos, and mindfulness activities.

Registration: Visit 1door.ca or call 705-726-2503

Women's Empowerment

Tuesdays, Oct. 3-31, 2023 / 10am
Thursdays, May 2-30, 2024 / 1:30pm

Sometimes we need space and time to breathe, to be open to new ideas, to self-discovery. Daily life stressors, work, family, relationships, and focusing on your goals can become very task focused. The Women's Empowerment Group gives women an opportunity to meet for self-discovery through self-compassion; self-esteem; self-care; mindfulness discussions and activities. It's a safe and confidential environment for women to grow at their own pace. This group is suited for women who are interested in their own personal growth.

Registration: Visit 1door.ca or call 705-726-2503

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Hold Me Tight® Couples Group

Thursdays, Oct. 12-30, 2023 / 6pm
Thursdays, Feb. 8-March 28, 2024 / 6pm
Thursdays, April 18-June 6, 2024 / 6pm

The Hold Me Tight® group guides couples through seven essential conversations for creating a strong and securely bonded relationship. Based on the theory of Emotionally Focused Therapy (EFT), Hold Me Tight® helps couples identify negative patterns of interactions that increase conflict and disconnection. It also helps couples have conversations that increase emotional safety and security in their relationship. Following the completion of this group, couples will be offered access to counselling services to continue building on the foundation laid during group.

Registration: Visit 1door.ca or call 705-726-2503

CBT Skills Group

Thursdays, Oct. 12-Nov. 30, 2023 / 1:30pm
Thursdays, Feb. 8-March 28, 2024 / 1:30pm
Tuesdays, April 16-June 4, 2024 / 10am

In this new 8-week program we will start by learning the brief history of how behavioural therapy and cognitive therapy morphed into what we know today as CBT. Throughout the program, we will explore the relationship between our thoughts, behaviours, and feelings and how it influences our daily lives. We will specifically discuss goal setting, looking at our values, and even time-management skills. We will also look at how our negative thought patterns develop and what we can do to unlearn them will be analyzed as well. Additionally, the group will introduce practical skills in each session.

Registration: Visit 1door.ca or call 705-726-2503

Need more info? Email CommunityDev@cfssc.ca or call 705-726-2503, x113.