



Young Adult
Mental Health

416-461-2345

www.stellasplace.ca

connect@stellasplace.ca

Fall Programs and Services

Drop in Services

(No registration or intake required)

Cafe

Monday - Thursday 10:00am -5:00pm

Our Cafe space is open for young adults to come and hang out, work on their own, have some coffee or tea, use the free wifi, play a board game, wait for their appointments, or make some art in a safe space.

Take a Tour with a Peer Supporter

Mondays and Wednesdays 3:00pm-5:00pm

Meet with a Peer Supporter to learn more about Stella's Place and our services and receive a tour of the space.

Walk-In Counselling

Tuesdays and Thursdays 3:00pm-5:00pm

Available on a first-come, first-served basis.

TTYN

Mondays 5:30pm-7:30pm

Talk to Youth Now (TTYN) is an inclusive peer support group that recognizes the benefits of sharing experiences with other young adults. This is a non-judgmental and confidential space where you can express yourself among your peers, with discussion facilitated by peer supporters.

The Fellowship Drop-In

Tuesdays, 6pm-8pm

This group is for all folks who identify as men who want to explore the various issues impacting men in today's society. We explore topics such as Notions of Masculinity and Self-care, Mental Health and Sexual Health, Domestic Abuse and many more.

Stella's Studio

Wednesdays 6:00pm-8:30pm

Stella's Studio is an arts-based community of young adults with lived experience. It is a welcoming space where peers can create and share art, including drawing, writing, painting, improv and music; experiment with new ideas, and help lead activities and creative sharing. RSVP to Carol ckrause@stellasplace.ca is encouraged

Spectrums

Thursdays 5:30pm-7:30pm

A drop-in group for LGBTQQ2SAI+ young adults. Spectrums is intended to foster a chill, affirming and safer space for folks to gather socially and express creatively through activities, discussion and more. This group is in partnership with EGALE Youth Outreach (EYO). *For more information, and to register, please contact Franky - fbartol@stellasplace.ca*

Consult a Doctor

*Wednesdays 6pm-8pm by appointment**

Talk with a doctor familiar with mental health. Ask about general health, mental health, medications, sexual health, chronic illnesses, or anything you'd see a doctor for!

Please contact: connect@stellasplace.ca

Peer Running Group

Wednesdays 4:45pm-6:00pm

All fitness levels are welcome. Registration is not required, RSVP is encouraged to: jwaithe@stellasplace.ca

Yoga @ Lululemon

Tuesdays 3:30pm-5:15pm

Classes include a 15 minute group check-in and check-out with a peer supporter and an hour of beginner yoga. Meet at 3:30pm in the Stella's Place cafe, the group will head over to the yoga studio (5 minute walk). Please note the yoga studio is not wheelchair accessible. No previous yoga experience necessary. Registration is not required, RSVP is encouraged to:

jclaus@stellasplace.ca

Individual Support

(Intake Required)

Individual Counselling

Monday – Friday by appointment

Stella's Place offers free individual short-term counselling for 8 sessions.

Navigator

Monday - Friday by appointment

Get some support navigating the social service system. The navigator can help with finding employment, housing, applying for ODSP/OW, financial literacy, etc.

Peer Support

Monday-Friday by appointment

Get some support from someone who has been there! Peer supporters are staff with lived mental health experience who are here to listen. For more information about peer support, check out:

<http://stellasplace.ca/peer-support>

Fall 2017 Groups

(Intake Required)

People are Scary:

Therapeutic Supports and Skills for Folks Living With Social Anxiety

Thursdays 1pm-4pm, Oct 5th-Dec 14th

For young adults who self-identify as living with social anxiety. The group is informed by acceptance and commitment therapy, experiential learning and mindfulness approaches. Participants will get in touch with their values and learn to set value driven goals. They will also build skills to stay attuned to moment to moment experiences, bring acceptance and compassion to difficult feelings, and gain distance from their worries and fears.

WRAP

Mondays 5:30pm-7:30pm, Oct 23rd-Dec 11th

Wellness Recovery Action Plan (WRAP) is peer-facilitated wellness program for young adults to get well, stay well and live the life they want. We discuss key recovery concepts such as hope, personal responsibility, support, education and self-advocacy. Other topics include wellness toolbox, triggers, early warning signs, when things are breaking down, crisis plan and create a WRAP plan that will be helpful in your mental health journey.

DBT Skills

Mondays & Wednesdays 12:45-3pm, Oct 16th-Dec 18th

Learn to apply Dialectical Behavioural Therapy Skills to your life. You will learn how to identify and cope with your emotions, how to manage difficult situation, and how to build communication skills with family and friends. Each participant will be expected to commit to the two group sessions each week.

Sleep Well *Start date TBD*

Stella's Place is offering a 3 part workshop series for young adults experiencing Insomnia. We will learn about insomnia, how it manifests, and our body's natural processes and rhythms. With this knowledge we can better understand how to combat the patterns associated with insomnia. Tools, techniques, and home practice each week will be used to help you get a better night's sleep.

Weathering the Storms: A DBT Skills Group for Queer and Trans Substance Users

Tuesdays 2pm-4pm, Sept 5th-Dec 16th

In partnership with Pieces to Pathways, this 16-week group focuses on learning and applying DBT skills of mindfulness, distress tolerance, interpersonal effectiveness, and emotion regulation. In a supportive, anti-oppressive, and harm reduction environment, participants will expand their coping and healing strategies, and explore their relationship to substances. Participants must identify as LGBTIQ2SA to join this group.