

## Self Help Cambridge

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Canadian Mental  
Health Association  
Waterloo Wellington



SELF HELP &  
PEER SUPPORT

Visit us at [www.cmhawsselfhelp.ca](http://www.cmhawsselfhelp.ca)



Self Help



Channel - selfhelpalliance

Please call or drop by for more information

**HOURS:** Monday to Friday  
9:00 AM–Noon; 1:00-5:00 PM

## Peer Support Groups

May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Walking Group</b> 10:00am-11:00am	2 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm	3 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	4 <b>Positive Reprogramming</b> 1:30pm-2:30pm
7 <b>Finding my Way</b> 10:00am-11:00am	8 <b>Walking Group</b> 10:00am-11:00am	9 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm	10 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	11 <b>Positive Reprogramming</b> 1:30pm-2:30pm
14 <b>Finding my Way</b> 10:00am-11:00am	15 <b>Walking Group</b> 10:00am-11:00am	16 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm	17 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	18 <b>Positive Reprogramming</b> 1:30pm-2:30pm
21 <b>SITE CLOSED FOR VICTORIA DAY</b>	22 <b>Walking Group</b> 10:00am-11:00am	23 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm	24 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	25 <b>Positive Reprogramming</b> 1:30pm-2:30pm
28 <b>Finding my Way</b> 10:00am-11:00am	29 <b>Walking Group</b> 10:00am-11:00am	30 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm <b>Volunteer Facilitator Training (closed Group)</b> 3:00-5:00pm	31 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	

One to One Peer Support sessions are available by Walk-in or appointment

Please call (519)623-6024 ext.5024



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Association canadienne  
pour la santé mentale  
Waterloo Wellington

## MAY 2018 – PEER SUPPORT GROUPS

**Finding My Way: Weekly.** This group uses an approach of personal empowerment to explore tools of recovery as laid out in Self Help's own publication, Finding My Way: A Personal Recovery Guide.

**Walking Group:** This group will focus on moving our bodies, and talk about our lives with other peers in a healthy way. Weather permitting, we will walk pathways and sidewalks, exploring our city and ourselves.

**Depression and Anxiety Peer Support: Weekly.** Participants are currently, or have at some point, experienced depression and/or anxiety. Join us to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal wellness. **(Also held at Delta Family Health Organization)**

**Positive Reprogramming: Weekly.** Dualities are everywhere, both in the world and within each of us—two sides of one coin, up and down, left and right, in and out, positive and negative. This group is for all who believe that extra positivity in their lives would give them a greater sense of balance and wellness. Through story-telling, laughter, facts (curiosities and skills), and learned techniques, we can each feel more positive.

**Volunteer Facilitators' Training (CLOSED GROUP):** Last Wednesday each month. Current volunteer facilitators develop their peer support and group facilitation skills. Curriculum, discussion, and learning from one another. All SH volunteer facilitators are expected to attend on a regular basis.

***When participating in our services, all individual are required to adhere to the Code of Conduct.***