

## Self Help Kitchener

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Canadian Mental  
Health Association  
Waterloo Wellington



SELF HELP &  
PEER SUPPORT

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



Self Help & Peer Support  
Channel - selfhelpalliance

Please call or drop by for more information

**HOURS:** Mon to Fri: 9 AM – 5 PM

## Peer Support Groups – Daytime May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Looking for additional support?</b> <b>One-to-One Peer Support sessions are available by walk-in or appointment.</b>	<b>1</b> <b>Peers for Safer Living</b> (Closed Group) 11:00-12:30 pm	<b>2</b> <b>Please see our Recovery Centre Calendar</b>	<b>3</b> <b>Bowling Group</b> Towne Bowl – 11:00 am	<b>4</b> <b>Please see our Recovery Centre Calendar</b>
	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	
<b>7</b> <b>Curbing Your Inner Fears</b> 1:30-3:00 pm	<b>8</b> <b>Peers for Safer Living</b> (Closed Group) 11:00-12:30 pm	<b>9</b> <b>Please see our Recovery Centre Calendar</b>	<b>10</b> <b>Bowling Group</b> Towne Bowl – 11:00 am	<b>11</b> <b>Please see our Recovery Centre Calendar</b>
	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	
<b>14</b> <b>Curbing Your Inner Fears</b> 1:30-3:00 pm	<b>15</b> <b>Peers for Safer Living</b> (Closed Group) 11:00-12:30 pm	<b>16</b> <b>Please see our Recovery Centre Calendar</b>	<b>17</b> <b>Bowling Group</b> Towne Bowl 11:00 am	<b>18</b> <b>Please see our Recovery Centre Calendar</b>
	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	
<b>21</b> <b>Victoria Day</b> <b>Site Closed</b>	<b>22</b> <b>Peers for Safer Living</b> (Closed Group) 11:00-12:30 pm	<b>23</b> <b>Please see our Recovery Centre Calendar</b>	<b>24</b> <b>Bowling Group</b> Towne Bowl – 11:00 am	<b>25</b> <b>Please see our Recovery Centre Calendar</b>
	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	
<b>28</b> <b>Curbing Your Inner Fears</b> 1:30-3:00 pm	<b>29</b> <b>Peers for Safer Living</b> (Closed Group) 11:00-12:30 pm	<b>30</b> <b>Site Closed</b> 9:00–1:00 pm for Staff Meeting	<b>31</b> <b>Bowling Group</b> Towne Bowl – 11:00 am	<b>Happy Spring!</b>
	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	
<b>Volunteers' Training &amp; Facilitators' Meeting</b> 3:00-5:00 pm	<b>Games Group</b> 12:30-2:30 pm		<b>Depression, Anxiety &amp; Hope</b> 1:30-3:30 pm	



## **MAY 2018 – DAYTIME Peer Support Groups**

**Peer Support Groups:** People come together with a focus on shared experience. Some groups focus on the shared experience of a mental health diagnosis or symptoms, others on an activity that supports recovery. These groups are facilitated by staff or volunteers. There is no fee to participate and no pre-registration required unless otherwise noted in the group descriptions, below.

**Depression, Anxiety & Hope Peer Support Group: 3 groups per week.** Participants are currently or have at some point experienced depression and/or anxiety. The goal is to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal health. This group is held on the basement level, Room B103.

**Bowling Group: Weekly.** This group meets every Thursday morning at Towne Bowl (11 Ottawa St. N.). Cost – 1 game - \$5.00 including shoe rental. Join us for fun, social-time, & exercise. No registration required. Everyone welcome!

**Curbing Your Inner Fears. “Walk the Right Way”: Weekly.** This group provides an opportunity to learn new ways to cope with anxieties and share coping techniques in a non-judgmental setting. We will work together to tackle our fears. This group is held in the Rear Recovery room on the main level.

**Games Group: Weekly.** Come and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level.

**Grieving Losses: Weekly.** Are you grieving the loss of a loved one? a relationship? a job? Please join us to share your experience, mutual support, and learn ways to understand your grief in a supportive environment. Everyone is welcome. No registration is required.

**Peers for Safer Living: Weekly.** This is a closed group and is intended for individuals who have completed the 20-week Skills for Safer Living intervention group or the 20-week Ideation intervention group. This group is held on the basement level, Room B103. If you are interested in learning more about the 20 week intervention groups, please call (519) 570-4595 x 4063 to speak with a Coordinator.

**Volunteers’ Training & Facilitators’ Meeting: Monthly.** This is a chance for group facilitators and volunteers to come together to learn and discuss with one another. All volunteers are strongly encouraged to attend. This group is held in the Rear Recovery room on the main level.

**Spark of Brilliance (Kitchener) Steering Committee.** Did you know that all the workshops that take place in Kitchener are decided upon by volunteers at the Kitchener Steering Committee meetings, and that you could be a part of sharing your ideas and volunteering your talents? If you would like to be a part of this meeting, please email [infor@sparkofbrilliance.org](mailto:infor@sparkofbrilliance.org) or call 519.763.4014 x 2355 / 1.888.255.2642 x 2355 for more information.

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