

## 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

## Recovery Centre Groups May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Happy Spring!</b>	<b>1</b> Riding the Waves of Emotions 10:00 – 11:00 am	<b>2</b> Shift Happens – We Can Work It Out 10:00-11:00 am	<b>3</b> Making Your Life Matter 10:00-11:00 am	<b>4</b> Exploring Spirituality 10:30 am-noon  <b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>(NEW)</b> <b>Orientation: Changes!</b> 3:30–5:00 pm	<b>Pathways to Recovery</b> 11:00 am-noon  <b>Journey Through Addiction and Mental Health – 3:00-4:30 pm</b>
<b>7</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>8</b> Riding the Waves of Emotions 10:00 – 11:00 am	<b>9</b> Shift Happens – We Can Work It Out 10:00-11:00 am	<b>10</b> Making Your Life Matter 10:00-11:00 am	<b>11</b> Exploring Spirituality 10:30 am-noon  <b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>(NEW)</b> <b>Orientation: Owing My Recovery</b> 3:30–5:00 pm	<b>Pathways to Recovery</b> 11:00 am-noon  <b>Journey Through Addiction and Mental Health – 3:00-4:30 pm</b>
<b>14</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>15</b> Riding the Waves of Emotions 10:00 – 11:00 am	<b>16</b> Shift Happens – We Can Work It Out 10:00-11:00 am	<b>Open Advocacy</b> 11:00-12:30 pm	<b>17</b> Making Your Life Matter 10:00-11:00 am  <b>18</b> Exploring Spirituality 10:30 am-noon  <b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
<b>Employment &amp; You</b> 3:00-4:30 pm	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>(NEW)</b> <b>Orientation: Staying on a Wellness Path</b> 3:30–5:00 pm	<b>Pathways to Recovery</b> 11:00 am-noon  <b>Journey Through Addiction and Mental Health – 3:00-4:30 pm</b>
<b>21</b> <b>Victoria Day</b>  <b>Site Closed</b>	<b>22</b> Riding the Waves of Emotions 10:00 – 11:00 am	<b>23</b> Shift Happens – We Can Work It Out 10:00-11:00 am	<b>24</b> Making Your Life Matter 10:00-11:00 am	<b>25</b> Exploring Spirituality 10:30 am-noon  <b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>(NEW)</b> <b>Orientation: Creating My Support Network</b> 3:30–5:00 pm	<b>Pathways to Recovery</b> 11:00 am-noon  <b>Journey Through Addiction and Mental Health – 3:00-4:30 pm</b>
<b>28</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>29</b> Riding the Waves of Emotions 10:00 – 11:00 am	<b>30</b> <b>Site Closed 9:00–1:00 pm for Staff Meeting</b>		<b>31</b> Making Your Life Matter 10:00-11:00 am  <b>Looking for additional support?</b> <b>One-to-One Peer Support sessions are available by walk-in or appointment.</b>
<b>Volunteers' Training &amp; Facilitators' Meeting</b> 3:00-5:00 pm	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>(NEW)</b> <b>Orientation: Changes!</b> 3:30–5:00 pm	



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## MAY 2018 – RECOVERY CENTRE Groups

**(NEW) Orientation Group: Weekly, Registration Encouraged.** This is a structured 4 week group for people who are new to Self Help & Peer Support Services and who are transitioning from more intensive services such as hospital, treatment centres, or FACT/ACT teams. Participants can join at any time. To register, please contact Jasmina x 4052 or Brenda x 4061 (519) 570-4595.

**Employment & You: Monthly.** This group is for people aged 18+ who are unemployed, underemployed, thinking of returning to work and/or have had challenges and issues around securing employment. We cover strategies, tools and ideas. Everyone is welcome!

**Riding the Waves of Emotions: Weekly.** Do you struggle for control of your emotions? Did you know that you cannot control your emotions and that the only control you have is how you choose to respond to them? Please join us in learning how to identify, understand and release your emotions. This group will be held in the back Recovery Room on the main floor level. No registration required. All are welcome!

**Meet with the Advocacy Coordinator: Monthly.** Paul Reeve is available to assist individuals and their families who are experiencing difficulties in the areas of: Human Rights, Housing, Employment, Income Supports, Child Custody, Hospital/Doctor, and more. Come and speak to Paul on a one to one basis.

**Journey Through Addiction and Mental Health: Weekly.** If you struggle to break the cycle of substance use, have a difficult time recognizing the triggers, please join us to discuss how to create safe and healthy life strategies. Facilitated by peers. Educational resources provided.

**Boundaries and Assertiveness: Weekly.** Creating & asserting personal boundaries in various life situations. Discussion and role play to help us gain knowledge and practice our skills.

**Self Esteem: Weekly.** This group will be discussing how self-esteem influences our recovery and relationships. We are going to explore how unhealthy self-image can influence emotions, thoughts, and behaviours. The emphasis will be on transforming unhealthy beliefs about ourselves.

**Good Mindful Morning!: Weekly.** Mindfulness lets us choose where to focus our attention. When we are mindful, we are in the moment. We are not judging or trying to change the thoughts that may pass through our minds. Learn how being mindful can help us let go of struggle and allow things to be as they are.

**Exploring Spirituality: Weekly.** Discuss the role that spirituality has in our recovery. There are no rules around spirituality, you may find it in anything or anyone, in whatever brings you hope and whatever feels right for you.

**Healthy Relationships: Weekly.** Group discussions on how to develop and maintain healthy and meaningful relationships.

**Making Your Life Matter: Weekly.** The goal of this group is to gain a deeper understanding of the importance of living a purposeful life.

**Pathways to Recovery: Weekly.** Participants will work through the Pathway to Recovery work book which will take you through a process of exploration, self discovery and planning to work on goals and personal dreams.

**Shift Happens: We Can Work it Out: Weekly.** Challenging, helpful, and practical discussion about how to create and accept change.

**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.*