

## Self Help Guelph

147 Wyndham St N, Suite 207, Guelph N1H 4E9  
 Phone: (519) 763-4014 Fax: 519.763.1588



Canadian Mental Health Association  
 Waterloo Wellington



SELF HELP &  
 PEER SUPPORT

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



The Self Help Alliance  
 Channel - selfhelpalliance

Please call or drop by for more information

**HOURS:** Mon-Wed-Fri: 9:00 AM – Noon  
 Mon to Fri: 1:00 – 5:00 PM

## RECOVERY CENTRE Groups

### MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Our services are free and no pre-registration is required. Drop by anytime!	1  Mindfulness 1:00-2:00 pm	2  I'm the Angry One 1:00 – 2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Exploring Spirituality 3:00-4:00 pm	3  Burdened By Treasures 10:30 am to noon Employment and You 1:15 – 2:15 pm Mindfulness for Addiction Recovery 2:30 – 3:30 pm	4  Growing Through Loss and Grief 10:30 – 11:30 am
				FERGUS: Journey to Recovery 2:00 – 3:00 pm
7  Building Sense of Self 2:45 – 3:45 pm	8  Mindfulness 1:00-2:00 pm	9  I'm the Angry One 1:00 – 2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Exploring Spirituality 3:00-4:00 pm	10  Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	11  Growing Through Loss and Grief 10:30 – 11:30 am
				FERGUS: Journey to Recovery 2:00 – 3:00 pm
14  Building Sense of Self 2:45 – 3:45 pm	15  Mindfulness 1:00-2:00 pm	16  I'm the Angry One 1:00 – 2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Exploring Spirituality 3:00-4:00 pm	17  Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	18  Growing Through Loss and Grief 10:30 – 11:30 am
				FERGUS: Journey to Recovery 2:00 – 3:00 pm
21  SITE CLOSED VICTORIA DAY HOLIDAY	22  Mindfulness 1:00-2:00 pm	23  I'm the Angry One 1:00 – 2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Exploring Spirituality 3:00-4:00 pm	24  Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	25  Growing Through Loss and Grief 10:30 – 11:30 am Curbing Our Inner Fears 2:00 – 3:00 pm
				FERGUS: Journey to Recovery 2:00 – 3:00 pm
28  Building Sense of Self 2:45 – 3:45 pm	29  Mindfulness 1:00-2:00 pm	30  I'm the Angry One 1:00 – 2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Volunteer Facilitators' Training (CLOSED GROUP) 3:00-5:00 pm	31  Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	Looking for more support? One-to-One Peer Support is available, by appointment. Call 519-763-4014 Ext 2350
				FERGUS: Journey to Recovery 2:00 – 3:00 pm

## MAY 2018 RECOVERY CENTRE GROUPS – GUELPH

**Recovery Centre Groups:** Education-based peer support, with a focus on skill, knowledge, and attitude development. These groups follow Adult Learning principles from a self-help perspective, and are facilitated by either staff or volunteers. There is no fee to participate and no pre-registration required unless otherwise noted in the group descriptions, below.

- **Building Sense of Self: MONDAYS** Increasing self-esteem, self-worth, and self-compassion, through discussion and activities.
- **Burdened By Treasures: THURSDAYS** Learn about and explore patterns of collecting and saving, helpful ways of coping with feelings and urges to collect, and shift unhelpful ways of relating to collections. Participants gain skills, insight, and support about saving and collecting tendencies while connecting with fellow travelers and creating an individualized plan for meaningful change. No registration or fees required.
- **NEW NAME: Boundaries & Assertiveness: WEDNESDAYS** This group focuses on assertiveness, boundaries, and conflict resolution in recovery. Build on current strengths and learn skills to use in knowing and expressing your needs.
- **Curbing Our Inner Fears: FRIDAYS** Learn ways to cope with anxieties, share techniques in a non-judgmental setting, and work together to tackle our fears.
- **Exploring Spirituality. NOTE: First THREE WEDNESDAYS of the month** . Participants will explore the role of eight virtues of spirituality –gratitude, forgiveness, love, loyalty, kindness/compassion, acceptance courage/laments, and hope – and what spirituality can do for your everyday life. Participants are encouraged to journal for 10-30 minutes each day between groups. This group runs in an eight week cycle.
- **I'm the Angry One:** Learn how anger is essential for well-being, how to recognize it, and how to express it in non-destructive ways.
- **FERGUS: Journey to Recovery: NOTE: First THREE FRIDAYS of the month: 234 St. Patrick St. E.** A peer support group that gives participants a place to discuss mental health recovery and self-discovery, and to work toward personal goals and dreams.
- **Growing through Loss and Grief FRIDAYS** Are you grieving the loss of a loved one? a pet? an important relationship? a job? Join us for support and information to ease isolation, honour your individual path, and find comfort in the sharing of stories and ways of healing.
- **Mindfulness: TUESDAYS** Explore and practice how mindfulness supports and promotes self-care and well-being.
- **Mindfulness for Addiction Recovery: THURSDAYS** Participants work through, discuss, and learn from *The Mindfulness Workbook for Addiction: A Guide to Coping with the Grief, Stress, and Anger that Trigger Addictive Behaviors*, by Rebecca E. Williams and Julie S. Kraft (New Harbinger Publications, 2012).
- **Volunteer Facilitators' Training (Closed Group): Last Wednesday of the month.** Current Guelph Site Self Help volunteers learn & refine peer support skills in a range of themes.

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

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## Peer Support Groups

### MAY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Our services are free and no pre-registration is required. Drop by anytime!</i></p>	<p>1                      Depression Anxiety and Hope Peer Support                      2:00-3:00 pm</p>	<p>2                      SEE RECOVERY CENTRE CALENDAR</p>	<p>3                      Burdened By Treasures                      10:30 am to noon</p>	<p>4                      Empowering Women                      1:00–2:00 pm  <u>FERGUS:</u>                      Journey To Recovery                      2:00-3:00 pm</p>
<p>7                      What did you say?                      Living with Schizophrenia Peer Support                      1:30-2:30 pm                      Supporting the Supporter Peer Support                      4:00-5:00 pm</p>	<p>8                      Depression Anxiety and Hope Peer Support                      2:00-3:00 pm</p>	<p>9                      SEE RECOVERY CENTRE CALENDAR</p>	<p>10                      Burdened By Treasures                      10:30 am to noon</p>	<p>11                      Empowering Women                      1:00–2:00 pm  <u>FERGUS:</u>                      Journey To Recovery                      2:00-3:00 pm</p>
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<p>28                      What did you say?                      Living with Schizophrenia Peer Support                      1:30-2:30 pm</p>	<p>29                      Depression Anxiety and Hope Peer Support                      2:00-3:00 pm</p>	<p>30                      Volunteer Facilitators' Training                      (CLOSED GROUP)                      3:00-5:00 pm</p>	<p>31                      Burdened By Treasures                      10:30 am to noon</p>	<p><i>Looking for more support? One-to-One Peer Support is available, by appointment. Call 519-763-4014 Ext 2350</i></p>

## MAY 2018 PEER SUPPORT GROUPS --GUELPH

**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.

- **Burdened By Treasures: THURSDAYS** Learn about and explore patterns of collecting and saving, helpful ways of coping with feelings and urges to collect, and shift unhelpful ways of relating to collections. Participants gain skills, insight, and support about saving and collecting tendencies while connecting with fellow travelers and creating an individualized plan for meaningful change. No registration or fees required.
- **Depression Anxiety & Hope Peer Support: TUESDAYS.** With a focus on coping, recovery, and fostering hope; a regular opportunity to talk about our walk with depression and anxiety, to hear peer stories, and as a result, to learn ways for living the life we want every day.
- **FERGUS: Journey to Recovery: NOTE: First 3 FRIDAYS this month: 234 St. Patrick St. E.** A peer support group that gives participants a place to discuss mental health recovery and self-discovery, and to work toward personal goals and dreams.
- **Supporting the Supporter Peer Support: 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month.** A support group for family and friends of someone living with a mental health or addiction challenge. A place to give and gain support and strategies for supporting your loved one and taking care of yourself.
- **Volunteer Facilitators' Training (Closed Group): Last Wednesday of the month.** Current Guelph Site Self Help volunteers learn & refine peer support skills in a range of themes.
- **What Did You Say? Living with Schizophrenia Peer Support: MONDAYS.** Join fellow travelers to give and gain support as well as strategies for living well and challenging stigma.
- **Empowering Women: FRIDAYS.** A peer support group for women to gather and support one another.

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