

# Self Help Cambridge

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Canadian Mental Health Association  
 Waterloo Wellington



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

### July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>CLOSED FOR STAT HOLIDAY</b>	3 <b>Walking Group</b> 10:00am-11:00am	4 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm <b>Substance Use Peer Support.</b> 5:30pm-6:30pm	5 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	6 <b>Positive Reprogramming</b> 1:30pm-2:30pm
9 <b>Finding my Way</b> 10:00am-11:00am	10 <b>Walking Group</b> 10:00am-11:00am	11 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm <b>Substance Use Peer Support.</b> 5:30pm-6:30pm	12 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	13 <b>Positive Reprogramming</b> 1:30pm-2:30pm
16 <b>Finding my Way</b> 10:00am-11:00am	17 <b>Walking Group</b> 10:00am-11:00am	18 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm <b>Substance Use Peer Support.</b> 5:30pm-6:30pm	19 <b>Site closed for Wellness Day in the Park (Register with Blaine Wolfe)</b>	20 <b>Positive Reprogramming</b> 1:30pm-2:30pm
23 <b>Finding my Way</b> 10:00am-11:00am	24 <b>Walking Group</b> 10:00am-11:00am	25 Delta Family Health Organization <b>Depression and Anxiety Peer Support</b> 1:00pm-2:00pm <b>Substance Use Peer Support.</b> 5:30pm-6:30pm	26 <b>Depression and Anxiety Peer Support</b> 3:00pm-4:00pm	27 <b>Positive Reprogramming</b> 1:30pm-2:30pm
30 <b>Finding my Way</b> 10:00am-11:00am	31 <b>Walking Group</b> 10:00am-11:00am			



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## July 2018 – PEER SUPPORT GROUPS

**Finding My Way:** 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:** 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)**

**Substance Use Peer Support:** A non-judgmental space for mutual support around issues of substance use. **(EVENING GROUP)**

**Positive Reprogramming:** 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.***