

Self Help Cambridge

1-9 Wellington St, Cambridge ON N1R 3Y4
 Phone: (519) 623-6024 Fax: 519.623.1924



Visit us at 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

Recovery Centre Groups

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2 Closed for Stat Holiday	3 Managing Anger 3:00-4:00	4 Mindfulness 10:00am-11:30am Self Esteem & Wellbeing 1:30pm-2:30pm	5 Mind Over Mood 10:00am-11:30am Mental Health & Wellness Skills 1:30pm-2:30pm	6 Crossing Pathways 10:00am-11:00am Indigenous Wellness and Spirituality 3:00pm-4:00pm
9 Building Bridges 1:30pm-2:30pm Monday Meditations 3:00pm-4:00pm	10 Advocacy 11:00am-12:00pm (CANCELED FOR JULY) Managing Anger 3:00-4:00	11 Mindfulness 10:00am-11:30am Self Esteem & Wellbeing 1:30pm-2:30pm	12 Mind Over Mood 10:00am-11:30am Mental Health & Wellness Skills 1:30pm-2:30pm	13 Crossing Pathways 10:00am-11:00am Indigenous Wellness and Spirituality 3:00pm-4:00pm
16 Building Bridges 1:30pm-2:30pm Monday Meditations 3:00pm-4:00pm	17 Managing Anger 3:00-4:00	18 Mindfulness 10:00am-11:30am Self Esteem & Wellbeing 1:30pm-2:30pm	19 Mind Over Mood 10:00am-11:30am Mental Health & Wellness Skills 1:30pm-2:30pm	20 Crossing Pathways 10:00am-11:00am Indigenous Wellness and Spirituality 3:00pm-4:00pm
23 Building Bridges 1:30pm-2:30pm Monday Meditations 3:00pm-4:00pm	24 Managing Anger 3:00-4:00	25 Mindfulness 10:00am-11:30am Self Esteem & Wellbeing 1:30pm-2:30pm	26 Mind Over Mood 10:00am-11:30am Mental Health & Wellness Skills 1:30pm-2:30pm	27 Crossing Pathways 10:00am-11:00am Indigenous Wellness and Spirituality 3:00pm-4:00pm
30 Building Bridges 1:30pm-2:30pm Monday Meditations 3:00pm-4:00pm	31 Managing Anger 3:00-4:00			

In need of some extra support?

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

Please call (519)623-6024 ext.5024



Association canadienne
 pour la santé mentale
 Waterloo Wellington

JULY 2018 – RECOVERY CENTRE GROUPS

Crossing Pathways: Weekly. How each of our characteristics such as: Race, Class, Sexual Orientation, Gender, Age, Ability etc. are uniquely woven together to make us who we are!

Building Bridges: Weekly. Learn and practice how to discover, create, and assert personal boundaries in life situations and to respect the boundaries of others.

Monday Meditations: Weekly. Guided meditation can be an integral part of our recovery journey. Join us as we practice meditations from some of the most trusted teachers in the field, such as Jack Kornfield, Tara Brach, and Thich Nhat Hanh. All levels of meditation experience are welcome!

Advocacy (once a month): The group will explore how to effectively approach advocacy in areas of interest including: income supports, housing, employment, treatment, legal, human rights, mental health law, etc.. Participants are encouraged to bring issues of concern to the group.

Managing Anger: Weekly. Participants learn and refine how to recognize when we feel angry, and to identify options that we have for expressing our anger in non-destructive ways. **(TIME CHANGED TO 3:00pm-4:00 pm)**

Mindfulness: Weekly. What is mindfulness? How can it help us deal with stressful situations? Learn practical techniques for being emotionally and mentally present in the now—less caught up in worry about the future and in disappointments about the past.

Mind Over Mood: Weekly. Tired of feeling at the mercy of your mood? Join us to learn and practice the skills of Cognitive Behavioural Therapy (CBT) in the workbook, *Mind Over Mood: Change how you Feel by Changing the Way You Think*, by Greenberger and Padesky (Guilford, 1995).

Mental Health and Wellness Skills: Weekly. This group provides participants with support for overall good health, exploring ideas on living a healthy life beyond mental health concerns—knowing what our bodies and minds need. Ideas explored are based on participant interest.

Self-Esteem & Wellbeing: Weekly. Wednesday afternoons and Thursday evenings. In this recovery-focused group, we explore why and how self-esteem can improve our lives, and make our recovery journey more meaningful and valuable. Join us if you are looking for inspiration, motivation, time, and space for self-reflection and encouragement.

Wellness and Spirituality: Weekly During this group, we will explore, with respect and an open heart, spirituality and teachings that can help us in our life. We begin with the groups with a cleansing ceremony, a smudge, then look into several teachings to help give us guidance and alternate strategies for dealing with mental health.

(Closed Group) Volunteer Facilitators' Training: Last Wednesday of every 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 individuals are required to adhere to the Code of Conduct.