

## Self Help Cambridge

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

### June 2018

Monday	Tuesday	Wednesday	Thursday	Friday
4	5 <b>Managing Anger</b> 1:30pm-2:30pm	6 <b>Mindfulness</b> 10:00am-11:30am <b>Self Esteem &amp; Wellbeing</b> 1:30pm-2:30pm	7 <b>Mind Over Mood</b> 10:00am-11:30am <b>Mental Health &amp; Wellness Skills</b> 1:30pm-2:30pm	1/8 <b>Crossing Pathways</b> 10:00am-11:00am <b>Wellness and Spirituality</b> 3:00pm-4:00pm
11 <b>Building Bridges</b> 1:30pm-2:30pm <b>Monday Meditations</b> 3:00pm-4:00pm	12 <b>Advocacy</b> 11:00am-12:00pm <b>Managing Anger</b> 1:30pm-2:30pm	13 <b>Mindfulness</b> 10:00am-11:30am <b>Self Esteem &amp; Wellbeing</b> 1:30pm-2:30pm	14 <b>Mind Over Mood</b> 10:00am-11:30am <b>Mental Health &amp; Wellness Skills</b> 1:30pm-2:30pm	15 <b>Crossing Pathways</b> 10:00am-11:00am <b>Wellness and Spirituality</b> 3:00pm-4:00pm
18 <b>Building Bridges</b> 1:30pm-2:30pm <b>Monday Meditations</b> 3:00pm-4:00pm	19 <b>Managing Anger</b> 1:30pm-2:30pm	20 <b>Mindfulness</b> 10:00am-11:30am <b>Self Esteem &amp; Wellbeing</b> 1:30pm-2:30pm	21 <b>Mind Over Mood</b> 10:00am-11:30am <b>Mental Health &amp; Wellness Skills</b> 1:30pm-2:30pm	22 <b>Crossing Pathways</b> 10:00am-11:00am <b>Wellness and Spirituality</b> 3:00pm-4:00pm
25 <b>Building Bridges</b> 1:30pm-2:30pm <b>Monday Meditations</b> 3:00pm-4:00pm	26 <b>Managing Anger</b> 1:30pm-2:30pm	27 <b>Mindfulness</b> 10:00am-11:30am <b>Self Esteem &amp; Wellbeing</b> 1:30pm-2:30pm	28 <b>Mind Over Mood</b> 10:00am-11:30am <b>Mental Health &amp; Wellness Skills</b> 1:30pm-2:30pm	29 <b>Crossing Pathways</b> 10:00am-11:00am <b>Wellness and Spirituality</b> 3:00pm-4:00pm

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



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Waterloo Wellington

**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.

**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.***

