

Self Help Kitchener

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Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT

Visit us at 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 July 2018

Monday	Tuesday	Wednesday	Thursday	Friday		
2 Canada Day Site Closed	3 Riding the Waves of Emotions 10:00 – 11:00 am	4 Shift Happens – We Can Work It Out 10:00-11:00 am		5 Making Your Life Matter 10:00-11:00 am	6 Exploring Spirituality 10:30 am-noon	Boundaries & Assertiveness 1:00-2:30 pm
	Self Esteem 11:00-12:00 pm	Healthy Relationships 1:00-3:00 pm	Orientation: Owing My Recovery 3:30–5:00 pm	Pathways to Recovery 11:00 am-noon	Journey Through Addiction and Mental Health – 3:00-4:30 pm	
9 Good Mindful Morning! 10:30-12:00 pm	10 Riding the Waves of Emotions 10:00 – 11:00 am	11 Shift Happens – We Can Work It Out 10:00-11:00 am		12 Making Your Life Matter 10:00-11:00 am	13 Exploring Spirituality 10:30 am-noon	Boundaries & Assertiveness 1:00-2:30 pm
	Self Esteem 11:00-12:00 pm	Healthy Relationships 1:00-3:00 pm	Orientation: Staying on a Wellness Path 3:30–5:00 pm	Pathways to Recovery 11:00 am-noon	Journey Through Addiction and Mental Health – 3:00-4:30 pm	
16 Good Mindful Morning! 10:30-12:00 pm	17 Riding the Waves of Emotions 10:00 – 11:00 am	18 Shift Happens – We Can Work It Out 10:00-11:00 am		19 Making Your Life Matter 10:00-11:00 am	20 Exploring Spirituality 10:30 am-noon	Boundaries & Assertiveness 1:00-2:30 pm
Volunteers' Training & Facilitators' Meeting 3:00-5:00 pm	Self Esteem 11:00-12:00 pm	Healthy Relationships 1:00-3:00 pm	Orientation: Creating My Support Network 3:30–5:00 pm	Pathways to Recovery 11:00 am-noon	Journey Through Addiction and Mental Health – 3:00-4:30 pm	
23 Good Mindful Morning! 10:30-12:00 pm	24 Riding the Waves of Emotions 10:00 – 11:00 am	25 Shift Happens – We Can Work It Out 10:00-11:00 am		26 Making Your Life Matter 10:00-11:00 am	27 Exploring Spirituality 10:30 am-noon	Boundaries & Assertiveness 1:00-2:30 pm
	Self Esteem 11:00-12:00 pm	Healthy Relationships 1:00-3:00 pm	Orientation: Changes! 3:30–5:00 pm	Pathways to Recovery 11:00 am-noon	Journey Through Addiction and Mental Health – 3:00-4:30 pm	
30 Good Mindful Morning! 10:30-12:00 pm	31 Riding the Waves of Emotions 10:00 – 11:00 am	<p style="text-align: center;">Looking for additional support?</p> <p style="text-align: center;">One-to-One Peer Support sessions are available by walk-in or appointment.</p>				
	Self Esteem 11:00-12:00 pm					



JULY 2018 – RECOVERY CENTRE Groups

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.

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 mgray@cmhaww.ca 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.