

## 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

### JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>STATUTORY HOLIDAY SITE CLOSED</b>	3  <b>Mindfulness</b> 1:00-2:00 pm	4  <b>NEW GROUP!</b> <b>Book Club</b> 10:30-11:30 am <b>I'm the Angry One</b> 1:00 – 2:00 pm <b>Boundaries &amp; Assertiveness</b> 2:00-3:00 pm	5  <b>Burdened By Treasures</b> 10:30 am to noon <b>Mindfulness for Addiction Recovery</b> 2:30 – 3:30 pm	6  <b>FERGUS:</b> <b>Journey to Recovery</b> 2:00 – 3:00 pm  <b>Curbing Our Inner Fears</b> 2:00-3:00 pm
9  <b>Building Sense of Self</b> 2:45 – 3:45 pm	10  <b>Mindfulness</b> 1:00-2:00 pm	11  <b>I'm the Angry One</b> 1:00 – 2:00 pm <b>Boundaries &amp; Assertiveness</b> 2:00-3:00 pm	12  <b>Burdened By Treasures</b> 10:30 am to noon <b>Mindfulness for Addiction Recovery</b> 2:30 – 3:30 pm	13  <b>FERGUS:</b> <b>Journey to Recovery</b> 2:00 – 3:00 pm  <b>Curbing Our Inner Fears</b> 2:00-3:00 pm
16  <b>Building Sense of Self</b> 2:45 – 3:45 pm	17  <b>Mindfulness</b> 1:00-2:00 pm	18  <b>I'm the Angry One</b> 1:00 – 2:00 pm <b>Boundaries &amp; Assertiveness</b> 2:00-3:00 pm	19  <b>Burdened By Treasures</b> 10:30 am to noon <b>Mindfulness for Addiction Recovery</b> 2:30 – 3:30 pm	20  <b>FERGUS:</b> <b>Journey to Recovery</b> 2:00 – 3:00 pm  <b>Curbing Our Inner Fears</b> 2:00-3:00 pm
23  <b>Building Sense of Self</b> 2:45 – 3:45 pm	24  <b>Mindfulness</b> 1:00-2:00 pm	25  <b>I'm the Angry One</b> 1:00 – 2:00 pm <b>Boundaries &amp; Assertiveness</b> 2:00-3:00 pm <b>Volunteer Facilitators' Training (CLOSED GROUP)</b> 3:00-5:00 pm	26  <b>Burdened By Treasures</b> 10:30 am to noon <b>Mindfulness for Addiction Recovery</b> 2:30 – 3:30 pm	27  <b>Curbing Our Inner Fears</b> 2:00 – 3:00 pm
30  <b>Building Sense of Self</b> 2:45 – 3:45 pm	31  <b>Mindfulness</b> 1:00-2:00 pm	<p><i>Our services are free and no pre-registration is required. Drop by anytime!</i></p> <p><i>One-to-One Peer Support is available, by appointment. Call 519-763-4014 Ext 2350</i></p>		

## JULY 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.

- **NEW GROUP: Book Club:** Read a different self-help book each month. Discuss the book with fellow travelers. Books provided by public library loan. Check it out!
- **Boundaries & Assertiveness: THURSDAYS** 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.
- **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.
- **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.
- **I'm the Angry One: WEDNESDAYS** 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.
- **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

### JULY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
2  STATUTORY HOLIDAY SITE CLOSED	3  <b>NEW:</b> Walking Group Chalmers Community Services 10:30-11:30 am Depression Anxiety and Hope Peer Support 2:00-3:00 pm	4  SEE RECOVERY CENTRE CALENDAR	5  Burdened By Treasures 10:30 am to noon Substance Use Peer Support 1:30 pm – 2:30 pm	6  Empowering Women 1:00–2:00 pm <b>FERGUS:</b> Journey To Recovery 2:00-3:00 pm
9  <b>NEW:</b> Petit Dejeuner: Potluck 10:30-11:30 am What did you say? Living with Schizophrenia Peer Support 1:30-2:30 pm	10  <b>NEW:</b> Walking Group Chalmers Community Services 10:30-11:30 am Depression Anxiety and Hope Peer Support 2:00-3:00 pm	11  SEE RECOVERY CENTRE CALENDAR	12  Burdened By Treasures 10:30 am to noon Substance Use Peer Support 1:30 pm – 2:30 pm	13  Empowering Women 1:00–2:00 pm <b>FERGUS:</b> Journey To Recovery 2:00-3:00 pm
16  <b>NEW:</b> Petit Dejeuner: Potluck 10:30-11:30 am What did you say? Living with Schizophrenia Peer Support 1:30-2:30 pm Supporting the Supporter Peer Support 4:00-5:00 pm	17  <b>NEW:</b> Walking Group Chalmers Community Services 10:30-11:30 am Depression Anxiety and Hope Peer Support 2:00-3:00 pm	18  SEE RECOVERY CENTRE CALENDAR	19  Burdened By Treasures 10:30 am to noon Substance Use Peer Support 1:30 pm – 2:30 pm	20  Empowering Women 1:00–2:00 pm <b>FERGUS:</b> Journey To Recovery 2:00-3:00 pm
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## JULY 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.
- **Empowering Women: FRIDAYS.** A peer support group for women to gather and support one another.
- **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.
- **NEW GROUP: Petit Dejeuner: Potluck.** Start your week off with some social time with peers sharing food. Please bring something simple and inexpensive to contribute.
- **Substance Use Peer Support: THURSDAYS.** A nonjudgemental space for mutual support around issues of substance use.
- **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.
- **NEW GROUP: Walking Group: TUESDAYS. Departs from and returns to Chalmers Community Services 41 Macdonell St.** Enjoy some gentle exercise with peers.
- **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.

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