

Self Help & Peer Support Kitchener

67 King Street E, Kitchener, ON N2G 2K4

Phone: (519) 570-4595 Fax: 519.744.7066



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

Peer Support Groups – Evening October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Supporting the Supporter Group 7:00-8:30 pm	2 Depression, Anxiety & Hope Peer Support Group 7:00-9:00 pm	3 Depression, Anxiety & Hope Peer Support Group 7:00-8:30 pm (Elmira)	4 Addictions Group 7:00-8:30 pm (Elmira)	5 Bipolar Disorder Peer Support Group 7:00-9:00 pm
8 Thanksgiving Site Closed	9 Depression, Anxiety & Hope Peer Support Group 7:00-9:00 pm	10 Depression, Anxiety & Hope Peer Support Group 7:00-8:30 pm (Elmira)	11 Supporting the Supporter Group 7:00-8:30 pm (Elmira)	12 Wings of Change 6:30 – 7:30 pm
15 Supporting the Supporter Group 7:00-8:30 pm	16 Depression, Anxiety & Hope Peer Support Group 7:00-9:00 pm	17 Depression, Anxiety & Hope Peer Support Group 7:00-8:30 pm (Elmira)	18 Addictions Group 7:00-8:30 pm (Elmira)	19 Bipolar Disorder Peer Support Group 7:00-9:00 pm
22 Supporting the Supporter Group 7:00-8:30 pm	23 Depression, Anxiety & Hope Peer Support Group 7:00-9:00 pm	24 Depression, Anxiety & Hope Peer Support Group 7:00-8:30 pm (Elmira)	25 Supporting the Supporter Group 7:00-8:30 pm (Elmira)	26 Bipolar Disorder Peer Support Group 7:00-9:00 pm
29 Supporting the Supporter Group 7:00-8:30 pm	30 Depression, Anxiety & Hope Peer Support Group 7:00-9:00 pm	31 Depression, Anxiety & Hope Peer Support Group 7:00-8:30 pm (Elmira)	31 Addictions Group 7:00-8:30 pm (Elmira)	Looking for additional support? One-to-One Peer Support sessions are available by walk-in or appointment.



OCTOBER 2018 – EVENING Peer Support Groups

Supporting the Supporter Group: Weekly. This group is for people who are supporting a family member or friend living with mental health and/or addiction issues. Peer-led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources, and self-care. Educational materials provided.

Wings of Change: 2nd Thursday of every month. All first-responders, military members, communications officers, healthcare providers, correctional officers, animal service workers, funeral service workers, (professional or volunteer) are welcome to participate in anonymous, solution-based discussion and education regarding any occupational trauma. We offer a safe and stigma free environment to heal through talk, fellowship and education.

Bipolar Disorder Support Group: Weekly. Individuals who experience bipolar disorder are invited to participate in this group. Mood swings within bi-polar can be mild, moderate, or severe and can be accompanied by changes in thinking and behaviour. This group provides a safe and comfortable environment where the above can be discussed and explored. This group is held in Room B103 on the basement level.

Depression, Anxiety & Hope Peer Support Group: (see Daytime Peer Support Groups calendar also) Participants who engage in the group are currently or have at some point in their life experienced depression and/or anxiety. The goal of this peer-led group is to talk and share experiences in an effort to provide support and useful information that promotes and maintains optimal health. This group is held in Room B103 on the basement 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.

(Elmira) Depression, Anxiety & Hope Peer Support Group: Weekly. This group is for people who have experienced depression and/or anxiety. Participants share experiences, information, and provide mutual support to promote and maintain optimal health. Facilitated by peers. *Group is held weekly on Tuesday evenings, 7:00 – 8:30 pm.*

(Elmira) Addictions Group: Bi-Weekly. This group is for people struggling to break the cycle of substance use and/or have a difficult time recognizing triggers. Peer led discussions on how to create safe and healthy life strategies. This is not a 12 step program. Educational resources provided. *Group is held every second week on Wednesday evenings, 7:00 – 8:30 pm.*

(Elmira) Supporting the Supporter Group: Bi-Weekly. This group is for people who are supporting a family member or friend living with mental health and/or addiction issues. Peer led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources and self-care. Educational materials provided. *Group is held every second week on Wednesday evenings, 7:00 – 8:30 pm.*

All Elmira groups will be held at Woolwich Community Services, 5 Memorial Avenue, Elmira.

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