

**Self Help & Peer Support Kitchener**  
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Canadian Mental  
 Health Association  
 Waterloo Wellington



SELF HELP &  
 PEER SUPPORT

Visit us at [www.cmhawwselfhelp.ca](http://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  
 October 2018**

Monday	Tuesday	Wednesday		Thursday	Friday	
<b>1</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>2</b> <b>Riding the Waves of Emotions</b> 10:00 – 11:00 am	<b>3</b> <b>Shift Happens – We Can Work It Out</b> 10:00-11:00 am		<b>4</b> <b>Making Your Life Matter</b> 10:00-11:00 am	<b>5</b> <b>Exploring Spirituality</b> 10:30 am-noon	<b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>Everyday Practices for Everyday Problems</b> 3:30–4:30 pm	<b>Pathways to Recovery</b> 11:00 am-noon	<b>Journey Through Addiction and Mental Health – 3:00-4:00 pm</b>	
<b>8</b> <b>Thanksgiving</b> <b>Site Closed</b>	<b>9</b> <b>Riding the Waves of Emotions</b> 10:00 – 11:00 am	<b>10</b> <b>Shift Happens – We Can Work It Out</b> 10:00-11:00 am		<b>11</b> <b>Making Your Life Matter</b> 10:00-11:00 am	<b>12</b> <b>Exploring Spirituality</b> 10:30 am-noon	<b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>Everyday Practices for Everyday Problems</b> 3:30–4:30 pm	<b>Pathways to Recovery</b> 11:00 am-noon	<b>(NEW) Substance Use Group</b> 3:00-4:00 pm	
<b>15</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>16</b> <b>Riding the Waves of Emotions</b> 10:00 – 11:00 am	<b>17</b> <b>Shift Happens – We Can Work It Out</b> 10:00-11:00 am		<b>18</b> <b>Making Your Life Matter</b> 10:00-11:00 am	<b>19</b> <b>Exploring Spirituality</b> 10:30 am-noon	<b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>Everyday Practices for Everyday Problems</b> 3:30–4:30 pm	<b>Pathways to Recovery</b> 11:00 am-noon	<b>(NEW) Substance Use Group</b> 3:00-4:00 pm	
<b>22</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>23</b> <b>Site Closed 9:00-1:00 pm for Staff Meeting</b>	<b>24</b> <b>Shift Happens – We Can Work It Out</b> 10:00-11:00 am		<b>25</b> <b>Making Your Life Matter</b> 10:00-11:00 am	<b>26</b> <b>Exploring Spirituality</b> 10:30 am-noon	<b>Boundaries &amp; Assertiveness</b> 1:00-2:30 pm
<b>Volunteers' Training &amp; Facilitators' Meeting</b> 3:00-5:00 pm		<b>Healthy Relationships</b> 1:00-3:00 pm	<b>Everyday Practices for Everyday Problems</b> 3:30–4:30 pm	<b>Pathways to Recovery</b> 11:00 am-noon	<b>(NEW) Substance Use Group</b> 3:00-4:00 pm	
<b>29</b> <b>Good Mindful Morning!</b> 10:30-12:00 pm	<b>30</b> <b>Riding the Waves of Emotions</b> 10:00 – 11:00 am	<b>31</b> <b>Shift Happens – We Can Work It Out</b> 10:00-11:00 am		<b>Looking for additional support?</b> <b>One-to-One Peer Support sessions are available by walk-in or appointment.</b>		
	<b>Self Esteem</b> 11:00-12:00 pm	<b>Healthy Relationships</b> 1:00-3:00 pm	<b>Everyday Practices for Everyday Problems</b> 3:30–4:30 pm			



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## OCTOBER 2018 – RECOVERY CENTRE Groups

**Everyday Practices for Everyday Problems: Weekly.** This group is based on ‘The Mindfulness Solution’ book by Ronald Siegel. Jack Cornfield said, “This book is down to earth and helpful and it offers genuine practical training in the transformative art of mindfulness”.

**Employment & You: Monthly: (No October Group).** This group is for people aged 18+ who are unemployed, underemployed, thinking of returning to work and/or have had challenges and issues around securing employment. We cover strategies, tools and ideas. Everyone is welcome!

**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 (Changes to Substance Use Group): 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](mailto: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.***