

Self Help Cambridge

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Canadian Mental
Health Association
Waterloo Wellington



Visit us at www.cmhawwselfhelp.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

Peer Support Groups

October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Walking Group 10:00am-11:00am	3 Delta Family Health Organization Depression and Anxiety Peer Support 1:00pm-2:30pm Depression, Anxiety and Hope 3:00pm-4:00pm	4 Substance Use Peer Support 3:00 pm-4:00 pm	5 Peer Support Group 10:00am-11:30am Positive Reprogramming 1:30pm-2:30pm
8 Finding my Way 10:00am-11:00am	9 Walking Group 10:00am-11:00am	10 Delta Family Health Organization Depression and Anxiety Peer Support 1:00pm-2:30pm Depression, Anxiety and Hope 3:00pm-4:00pm	11 Substance Use Peer Support 3:00 pm-4:00 pm	12 Peer Support Group 10:00am-11:30am Positive Reprogramming 1:30pm-2:30pm
15 Finding my Way 10:00am-11:00am	16 Walking Group 10:00am-11:00am	17 Delta Family Health Organization Depression and Anxiety Peer Support 1:00pm-2:30pm Depression, Anxiety and Hope 3:00pm-4:00pm	18 Substance Use Peer Support 3:00 pm-4:00 pm	19 Peer Support Group 10:00am-11:30am Positive Reprogramming 1:30pm-2:30pm
22/29 Finding my Way 10:00am-11:00am	23/30 Walking Group 10:00am-11:00am	24/31 Delta Family Health Organization Depression and Anxiety Peer Support 1:00pm-2:30pm Depression, Anxiety and Hope 3:00pm-4:00pm Volunteer Training Closed Group 11:30am-1pm	25 Substance Use Peer Support 3:00 pm-4:00 pm	26 Peer Support Group 10:00am-11:30am Positive Reprogramming 1:30pm-2:30pm

In need of some extra support?

One to One Peer Support sessions are available by Walk-in or appointment

Please call Blaine Wolfe at (519) 623-6024 ext.5024



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Waterloo Wellington



October 2018 – PEER SUPPORT GROUPS

Finding My Way: This group uses an approach of personal empowerment to explore tools of recovery as laid out in Self Help's own publication, Finding My Way: A Personal Recovery Guide.

Walking Group: This group will focus on moving our bodies, and talk about our lives with other peers in a healthy way. Weather permitting, we will walk pathways and sidewalks, exploring our city and ourselves.

Depression and Anxiety and Hope: Participants who are currently, or have at some point, experienced depression and/or anxiety. Join us to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal wellness. **(Also held at Delta Family Health Organization)**

Substance Use Peer Support: A non-judgmental space for mutual support around issues of substance use.

Peer Support Group: A place to get together and support each other on a variety of issues.

Positive Reprogramming: Dualities are everywhere, both in the world and within each of us—two sides of one coin, up and down, left and right, in and out, positive and negative. This group is for all who believe that extra positivity in their lives would give them a greater sense of balance and wellness. Through story-telling, laughter, facts (curiosities and skills), and learned techniques, we can each feel more positive.

Volunteer Facilitators' Training (CLOSED GROUP): Last Wednesday each 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 individual are required to adhere to the Code of Conduct.