

Self Help & Peer Support 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



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

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 Building Sense of Self 2:45 – 3:45 pm	2 Mindfulness 1:00-2:00 pm	3 MONTHLY GROUP: Book Club 10:30-11:30 am I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm	4 Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	5 Growing through Loss & Grief 10:30 – 11:30 am Curbing Our Inner Fears 2:00-3:00 pm
8 SITE CLOSED FOR THANKSGIVING	9 Mindfulness 1:00-2:00 pm	10 I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm	11 Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	12 Growing through Loss & Grief 10:30 – 11:30 am Curbing Our Inner Fears 2:00-3:00 pm
15 Building Sense of Self 2:45 – 3:45 pm	16 Mindfulness 1:00-2:00 pm	17 I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm	18 Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	19 Growing through Loss & Grief 10:30 – 11:30 am Curbing Our Inner Fears 2:00 – 3:00 pm
22 Building Sense of Self 2:45 – 3:45 pm	23 Mindfulness 1:00-2:00 pm	24 I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm	25 Burdened By Treasures 10:30 am to noon Mindfulness for Addiction Recovery 2:30 – 3:30 pm	26 Growing through Loss & Grief 10:30 – 11:30 am Curbing Our Inner Fears 2:00 – 3:00 pm
29 Building Sense of Self 2:45 – 3:45 pm	30 Mindfulness 1:00-2:00 pm	31 I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm Volunteer Facilitators' Training (CLOSED GROUP) 3:00-5:00 pm	<p><i>No fees, No registration required!</i> <i>One-to-One peer support available</i> <i>Questions? Call 519-763-4014 Ext 2350</i></p>	

OCTOBER 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.

- **Book Club: FIRST WEDNESDAY EACH MONTH.** 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.
- **Growing through Loss and Grief: FRIDAYS** **Growing through Loss and Grief FRIDAYS** Are you grieving the loss of a loved one? a pet? an important relationship? a job? Join us for support and information to ease isolation, honour your individual path, and find comfort in the sharing of stories and ways of healing.
- **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.
- **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).

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

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Peer Support Groups

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
1 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 4:00-5:00 pm	2 Walking Group Chalmers Community Services 10:30-11:30 am Depression Anxiety and Hope Peer Support 2:00-3:00 pm	3 <u>NEW GROUP</u> Borderline Personality Disorder Peer Support 1:30-2:30 pm	4 Burdened By Treasures 10:30 am to noon Substance Use Peer Support 1:30 pm – 2:30 pm	5 Empowering Women 1:00–2:00 pm
8 SITE CLOSED FOR THANKSGIVING	9 <u>NEW at SHELLDALE CENTRE</u> Drop-In One to One Peer Support 9:00-11:30 am Walking Group Chalmers Community Services 10:30-11:30 am Depression Anxiety and Hope Peer Support 2:00-3:00 pm	10 <u>NEW GROUP</u> Borderline Personality Disorder Peer Support 1:30-2:30 pm	11 Burdened By Treasures 10:30 am to noon Substance Use Peer Support 1:30 pm – 2:30 pm	12 Empowering Women 1:00–2:00 pm
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OCTOBER 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.

- **NEW GROUP! Borderline Personality Disorder Peer Support. WEDNESDAYS.** Join fellow travelers to give and gain support as well as strategies for living well and challenging stigma.
- **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.
- **NEW AT SHELLDALE CENTRE: Drop-in One to One Peer Support. 2nd and 4th TUESDAYS.**
- **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: 1st and 3rd 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.
- **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.

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