

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



Self Help & Peer Support

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

SEPTEMBER 2019

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|---|--|---|--|---|
| <p>All groups are at our Guelph location, unless otherwise noted. No waitlist, no fees, no pre-registration. One to One Peer Support available, by appointment. Please call our Group Cancellation Info Line: 519-763-4014 Ext 2304 to confirm a group is running</p> | | | | | |
| 2 | 3 | 4 | 5 | 6 | |
| SITE CLOSED FOR LABOUR DAY | <u>GUELPH & MT. FOREST**</u> Mindfulness 1:00-2:00 pm | I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm MONTHLY GROUP Anxiety Improv 3:00-4:00 pm | <u>NEW!FERGUS</u> Mindfulness 9:30-10:30 am <u>GUELPH</u> Our Spiritual Journey 2:30-3:30 pm Colouring for Relaxation 3:30-4:30 pm | <u>GUELPH</u> Growing through Loss & Grief 10:30 – 11:30 am | <u>NEW! MT. FOREST**</u> Self-Compassion 10:30-11:30 am |
| | | | | <u>GUELPH</u> Curbing Our Inner Fears 2:00 – 3:00 pm | |
| 9 | 10 | 11 | 12 | 13 | |
| Self Compassion 10:30-11:30 am Building Sense of Self 2:45 – 3:45 pm | <u>GUELPH & MT. FOREST**</u> Mindfulness 1:00-2:00 pm | I'm the Angry One 1:00-2:00 pm Boundaries & Assertiveness 2:00-3:00 pm | <u>NEW!FERGUS</u> Mindfulness 9:30-10:30 am <u>GUELPH</u> Our Spiritual Journey 2:30-3:30 pm Colouring for Relaxation 3:30-4:30 pm | <u>GUELPH</u> Growing through Loss & Grief 10:30 – 11:30 am | <u>NEW! MT. FOREST**</u> Self-Compassion 10:30-11:30 am |
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| 16 | 17 | 18 | 19 | 20 | |
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| September 23 rd and 30 th | 24 | 25 | 26 | 27 | |
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SEPTEMBER 2019 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.

- **MONTHLY GROUP: Anxiety Improv: FIRST WEDNESDAY OF THE MONTH.** Join us in taking a practical approach to facing social anxieties through the act of improvisational comedy games in a nonjudgemental environment. No experience required.
- **Boundaries & Assertiveness: WEDNESDAYS** 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.
- **Colouring for Relaxation: THURSDAYS** This self-directed group gives participants an opportunity to enjoy colouring in the company of peers. Supplies provided, but you are welcome to bring your own if that suits you better.
- **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** 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 IN GUELPH AND MT. FOREST**; THURSDAYS IN FERGUS***** Explore and practice how mindfulness supports and promotes self-care and well-being.
- **Our Spiritual Journey Through Healing: THURSDAYS** This group is not about religion. A place for nonjudgemental and open-minded discussion of ideas related to the spiritual aspects of recovery in mental health and/or addiction challenges.
- **Self-Compassion: MONDAYS IN GUELPH, FRIDAYS IN MT. FOREST**** This workbook-based group gives participants opportunities for activities and discussions surrounding how to be kinder to ourselves.

★ **Group Cancellation Information Line: Guelph: 519-763-4014 Ext 2304. Call this number to receive information about any group cancellations or site closures due to inclement weather, illness, or staff training.**

**Mt. Forest CMHA Office: 392 Main St. North, Suite 1, Mt. Forest.

*** Fergus CMHA Office: 234 St. Patrick St. East, Fergus

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

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Peer Support Groups SEPTEMBER 2019

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| <p>2</p> <p>SITE CLOSED FOR LABOUR DAY</p> | <p>3</p> <p>Depression Anxiety and Hope Peer Support 2:00-3:00 pm NEW GROUP 2SLGBTQ+ Harm Reduction 3:00-4:00 pm</p> | <p>4</p> <p>See our Recovery Centre Calendar for today's groups</p> | <p>5</p> <p>FERGUS*** Anxiety, Depression & Hope 10:30-11:30 am GUELPH Substance Use Peer Support 1:30 pm – 2:30 pm</p> | <p>6</p> <p>Borderline Personality Disorder Peer Support 1:00-2:00 pm NEW! MT. FOREST** Anxiety, Depression & Hope Peer Support 2:00-3:00 pm</p> |
| <p>9</p> <p>What did you say? Living with a Diagnosis of Schizophrenia 1:30-2:30 pm Empowering Women 4:00-5:00 pm HARP (at 80 Waterloo Ave) 7:30-8:30 pm</p> | <p>10</p> <p>Depression Anxiety and Hope Peer Support 2:00-3:00 pm NEW GROUP 2SLGBTQ+ Harm Reduction 3:00-4:00 pm</p> | <p>11</p> <p>See our Recovery Centre Calendar for today's groups</p> | <p>12</p> <p>FERGUS*** Anxiety, Depression & Hope 10:30-11:30 am GUELPH Substance Use Peer Support 1:30 pm – 2:30 pm</p> | <p>13</p> <p>Borderline Personality Disorder Peer Support 1:00-2:00 pm NEW! MT. FOREST** Anxiety, Depression & Hope Peer Support 2:00-3:00 pm</p> |
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SEPTEMBER 2019 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.

- **Borderline Personality Disorder Peer Support. FRIDAYS.** Join fellow travelers to give and gain support as well as strategies for living well and challenging stigma.
- **Depression Anxiety & Hope Peer Support: 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**
 - **TUESDAYS IN GUELPH**
 - **THURSDAYS IN FERGUS *****
 - **NEW! FRIDAYS IN MT.FOREST ****
- **Empowering Women: MONDAYS** A peer support group for individuals who identify as women to gather and support one another.
- **EVENING GROUP AT 80 WATERLOO AVE GUELPH: HARP: Harm Reduction Approach to Renewed Pathways. 80 WATERLOO AVE ROOM G02.**
MONDAYS A safer space for folks to connect with others and discuss substance use challenges.
- **2SLGBTQ+ Harm Reduction Peer Support: TUESDAYS.** An opportunity for members of the 2SLGBTQ+ community to connect over shared experiences with substance use and behaviours we want to change. We'll explore how recovery & queer identity can influence each other.
- **Substance Use Peer Support: THURSDAYS.** A nonjudgemental space for mutual support around issues of substance use.
- **What Did You Say? Living with a Diagnosis of 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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