

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 – Daytime September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Labour Day Site Closed	3 Site Closed 9:00 – 12:00 pm For Staff Meeting	4 Please see our Recovery Centre Calendar	5 Bowling Group Towne Bowl – 11:00 am	6 Please see our Recovery Centre Calendar	
	Games Group 12:30-2:30 pm	Depression, Anxiety & Hope 1:30-3:30 pm	Depression, Anxiety & Hope 1:30-3:30 pm	Understanding Grief & Loss 3:30-4:30 pm	
9 Curbing Your Inner Fears 1:00-3:00 pm	10 Games Group 12:30-2:30 pm	Depression, Anxiety & Hope 1:30-3:30 pm	11 Please see our Recovery Centre Calendar	12 Bowling Group Towne Bowl – 11:00 am	13 Please see our Recovery Centre Calendar
			Depression, Anxiety & Hope 1:30-3:30 pm	Understanding Grief & Loss 3:30-4:30 pm	
16 Curbing Your Inner Fears 1:00-3:00 pm	17 Games Group 12:30-2:30 pm	Depression, Anxiety & Hope 1:30-3:30 pm	18 Please see our Recovery Centre Calendar	19 Bowling Group Towne Bowl - 11:00am	20 Please see our Recovery Centre Calendar
			Depression, Anxiety & Hope 1:30-3:30 pm	Understanding Grief & Loss 3:30-4:30 pm	
23 Curbing Your Inner Fears 1:00-3:00 pm	24 Games Group 12:30-2:30 pm	Depression, Anxiety & Hope 1:30-3:30 pm	25 Please see our Recovery Centre Calendar	26 Bowling Group Towne Bowl – 11:00 am	27 Please see our Recovery Centre Calendar
			Depression, Anxiety & Hope 1:30-3:30 pm	Understanding Grief & Loss 3:30-4:30 pm	
30 Curbing Your Inner Fears 1:00-3:00 pm	Looking for additional support? One-to-One Peer Support sessions are available by walk-in or appointment.				



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT

SEPTEMBER 2019 – DAYTIME Peer Support Groups

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.

Depression, Anxiety & Hope Peer Support Group: 3 groups per week. Participants are currently or have at some point experienced depression and/or anxiety. The goal is to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal health. This group is held on the basement level, Room B103.

Bowling Group: Weekly. This group meets every Thursday morning at Towne Bowl (11 Ottawa St. N.). Cost – 1 game - \$5.00 including shoe rental. Join us for fun, social-time, & exercise. No registration required. Everyone welcome!

Curbing Your Inner Fears. “Walk the Right Way”: Weekly. This group provides an opportunity to learn new ways to cope with anxieties and share coping techniques in a non-judgmental setting. We will work together to tackle our fears. This group is held in the Rear Recovery room on the main level.

Games Group: Weekly. Come and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level.

Understanding Grief & Loss: Weekly. Are you grieving the loss of a loved one? a relationship? a job? Please join us to share your experience, mutual support, and learn ways to understand your grief in a supportive environment. Everyone is welcome. No registration is required.

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 or call 519.763.4014 x 2355 / 1.888.255.2642 x 2355 for more information.

Group Cancellation Information Line – Please check the group cancellation information line to see whether or not the group you are planning to attend is still running. The information line is updated by 4:00 pm each day unless unforeseen circumstances arise. **519-570-4595 ext. 4004 or toll-free at 1-844-264-2993 ext. 4004**

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