

## 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

## Peer Support Groups – Evening September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Labour Day</b>  <b>Site Closed</b>	<b>3</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-9:00 pm	<b>4</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-8:30 pm ** (Elmira)	<b>5</b>  <b>Please see our Recovery Centre Calendar</b>	<b>6</b>  <b>Bipolar Disorder Peer Support Group</b> 7:00-9:00 pm
<b>9</b>  <b>Please see our Recovery Centre Calendar</b>	<b>10</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-9:00 pm	<b>11</b>  <b>Supporting the Supporter Group</b> 7:00-8:30 pm ** (Elmira)	<b>12</b>  <b>Bipolar Disorder Peer Support Group</b> 7:00-9:00 pm	<b>13</b>  <b>Please see our Recovery Centre Calendar</b>
<b>16</b>  <b>(NEW) Supporting the Supporter Group</b> 7:00-8:30 pm (Kitchener)	<b>17</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-9:00 pm	<b>18</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-8:30 pm ** (Elmira)	<b>19</b>  <b>Please see our Recovery Centre Calendar</b>	<b>20</b>  <b>Bipolar Disorder Peer Support Group</b> 7:00-9:00 pm
<b>23</b>  <b>Please see our Recovery Centre Calendar</b>	<b>24</b>  <b>Depression, Anxiety &amp; Hope Peer Support Group</b> 7:00-9:00 pm	<b>25</b>  <b>Supporting the Supporter Group</b> 7:00-8:30 pm ** (Elmira)	<b>26</b>  <b>Bipolar Disorder Peer Support Group</b> 7:00-9:00 pm	<b>27</b>  <b>Please see our Recovery Centre Calendar</b>
<b>30</b>  <b>(NEW) Supporting the Supporter Group</b> 7:00-8:30 pm (Kitchener)	<b>Looking for additional support?</b>  <b>One-to-One Peer Support sessions are available by walk-in or appointment.</b>			

\*\*Elmira – Woolwich Community Services, 5 Memorial Ave.



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## SEPTEMBER 2019 – EVENING Peer Support Groups

**NEW (Kitchener) Supporting the Supporter Group: Bi-Weekly.** This group is for people who are supporting a family member or friend living with mental health and/or addiction issues. Peer led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources and self-care. Educational materials provided. *Group is held every second week on Monday evenings, 7:00 – 8:30 pm.*

**Bipolar Disorder Support Group: Weekly.** Individuals who experience bipolar disorder are invited to participate in this group. Mood swings within bi-polar can be mild, moderate, or severe and can be accompanied by changes in thinking and behaviour. This group provides a safe and comfortable environment where the above can be discussed and explored. This group is held in Room B103 on the basement level.

**Depression, Anxiety & Hope Peer Support Group: (see Daytime Peer Support Groups calendar also)** Participants who engage in the group are currently or have at some point in their life experienced depression and/or anxiety. The goal of this peer-led group is to talk and share experiences in an effort to provide support and useful information that promotes and maintains optimal health. This group is held in Room B103 on the basement 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.

**(Elmira) Depression, Anxiety & Hope Peer Support Group: Bi-Weekly.** This group is for people who have experienced depression and/or anxiety. Participants share experiences, information, and provide mutual support to promote and maintain optimal health. Facilitated by peers. *Group is held every second week on Tuesday evenings, 7:00 – 8:30 pm.*

**(Elmira) Supporting the Supporter Group: Bi-Weekly.** This group is for people who are supporting a family member or friend living with mental health and/or addiction issues. Peer led discussions about mental health issues, how best to be supportive while considering personal boundaries, community resources and self-care. Educational materials provided. *Group is held every second week on Wednesday evenings, 7:00 – 8:30 pm.*

**All Elmira groups will be held at Woolwich Community Services, 5 Memorial Avenue, Elmira.**

**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.***