

Self Help & Peer Support Kitchener

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Canadian Mental
 Health Association
 Waterloo Wellington



SELF HELP &
 PEER SUPPORT

Visit us at www.cmhawselfhelp.ca



Self Help & Peer Support
 Channel - selfhelpalliance

Please call or drop by for more information

HOURS: Mon to Fri: 9 AM – 5 PM

Recovery Centre Groups September 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 2 Labour Day Site Closed | 3 Site Closed 9:00 – 12:00 pm For Staff Meeting | 4 Shift Happens – We Can Work It Out 10:00-11:00 am Healthy Relationships 1:00-2:30 pm | 5 Making Your Life Matter 10:00-11:00 am Pathways to Recovery 11:00 am-noon | 6 Exploring Spirituality 10:30 am-noon Substance Use Group 3:00-4:30 pm |
| 9 Good Mindful Morning! 10:30-12:00 pm | 10 Riding the Waves of Emotions 10:00–11:00 am Self Esteem 11:00-12:00 pm | 11 Shift Happens – We Can Work It Out 10:00-11:00 am Healthy Relationships 1:00-2:30 pm | 12 Making Your Life Matter 10:00-11:00 am Pathways to Recovery 11:00 am-noon | 13 Exploring Spirituality 10:30 am-noon Substance Use Group 3:00-4:30 pm |
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| 30 Good Mindful Morning! 10:30-12:00 pm Volunteers' Training & Facilitators' Meeting 3:00-5:00 pm | Looking for additional support? One-to-One Peer Support sessions are available by walk-in or appointment. | | | |



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SEPTEMBER 2019 – RECOVERY CENTRE Groups

Substance Use Group: Weekly. If you struggle to break the cycle of substance use, have a difficult time recognizing the triggers, please join us to discuss how to create safe and healthy life strategies. Facilitated by peers. Educational resources provided.

Riding the Waves of Emotions: Weekly. Do you struggle for control of your emotions? Did you know that you cannot control your emotions and that the only control you have is how you choose to respond to them? Please join us in learning how to identify, understand and release your emotions. This group will be held in the back Recovery Room on the main floor level. No registration required. All are welcome!

Boundaries and Assertiveness: Weekly. Creating & asserting personal boundaries in various life situations. Discussion and role play to help us gain knowledge and practice our skills.

Self Esteem: Weekly. This group will be discussing how self-esteem influences our recovery and relationships. We are going to explore how unhealthy self-image can influence emotions, thoughts, and behaviours. The emphasis will be on transforming unhealthy beliefs about ourselves.

Good Mindful Morning!: Weekly. Mindfulness lets us choose where to focus our attention. When we are mindful, we are in the moment. We are not judging or trying to change the thoughts that may pass through our minds. Learn how being mindful can help us let go of struggle and allow things to be as they are.

Exploring Spirituality: Weekly. Discuss the role that spirituality has in our recovery. There are no rules around spirituality, you may find it in anything or anyone, in whatever brings you hope and whatever feels right for you.

Healthy Relationships: Weekly. Group discussions on how to develop and maintain healthy and meaningful relationships.

Making Your Life Matter: Weekly. The goal of this group is to gain a deeper understanding of the importance of living a purposeful life.

Pathways to Recovery: Weekly. Participants will work through the Pathway to Recovery work book which will take you through a process of exploration, self discovery and planning to work on goals and personal dreams.

Shift Happens: We Can Work it Out: Weekly. Challenging, helpful, and practical discussion about how to create and accept change.

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.