

# Self Help & Peer Support Cambridge

1-9 Wellington St, Cambridge ON N1R 3Y4  
 Phone: (519) 623-6024 Fax: 519.623.1924



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-Fri: 9:00 AM – Noon and 1:00 – 5:00 PM

## RECOVERY CENTRE Groups

### September 2019

Monday	Tuesday	Wednesday	Thursday	Friday
No waitlist, no fees, no pre-registration One to One Peer Support available, by walk in and appointment. Call Blaine at ext 5024 or Tonya at ext 5023 Please call our <u>Group Cancellation Info Line: 519-763-4014 Ext 2304</u> to confirm a group is running				
2  SITES CLOSED FOR CIVIC HOLIDAY	3  Site Closed from 9am-1pm  Riding the Waves of Emotion 3:00-4:00	4  Mindfulness 10:00am-11:30am	5  Mind Over Mood 10:00am-11:00am  Mental Health & Wellness Skills 1:30pm-2:30pm  We've Been There Too!: A Journey along Addiction and Recovery 3:00pm-4:00pm	6  ACTing on Confidence: Navigating Fear and Self Doubt 10:00 am-11:00 am
9  Building Bridges 1:30pm-2:30pm  Monday Meditations 3:00pm-4:00pm	10  Riding the Waves of Emotion 3:00-4:00	11  Mindfulness 10:00am-11:30am	12  Mind Over Mood 10:00am-11:00am  Mental Health & Wellness Skills 1:30pm-2:30pm  We've Been There Too!: A Journey along Addiction and Recovery 3:00pm-4:00pm	13  ACTing on Confidence: Navigating Fear and Self Doubt 10:00 am-11:00 am
16  Building Bridges 1:30pm-2:30pm  Monday Meditations 3:00pm-4:00pm	17  Riding the Waves of Emotion 3:00-4:00	18  Mindfulness 10:00am-11:30am	19  Mind Over Mood 10:00am-11:00am  Mental Health & Wellness Skills 1:30pm-2:30pm  We've Been There Too!: A Journey along Addiction and Recovery 3:00pm-4:00pm	20  ACTing on Confidence: Navigating Fear and Self Doubt 10:00 am-11:00 am
23 & 30  Building Bridges 1:30pm-2:30pm  Monday Meditations 3:00pm-4:00pm	24  Riding the Waves of Emotion 3:00-4:00	25  Mindfulness 10:00am-11:30am	26  Mind Over Mood 10:00am-11:00am Mental Health & Wellness Skills 1:00pm-2:30pm We've Been There Too!: A Journey along Addiction and Recovery 3:00pm-4:00pm	27  ACTing on Confidence: Navigating Fear and Self Doubt 10:00 am-11:00 am

Volunteer  
 Training  
 11:00 am-  
 12:00 pm



## September 2019 RECOVERY CENTRE GROUPS – CAMBRIDGE

**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.*

**Building Bridges: Weekly.** Learn and practice how to discover, create, and assert personal boundaries in life situations and to respect the boundaries of others.

**Monday Meditations: Weekly.** Guided meditation can be an integral part of our recovery journey. Join us as we practice meditations from some of the most trusted teachers in the field, such as Jack Kornfield, Tara Brach, and Thich Nhat Hanh. All levels of meditation experience are welcome!

**We've been there too!: A journey along addiction and recovery:** A group focusing on different recovery strategies for those coping with substance use issues. Judgement free, recovery focused peer support.

**Riding the Waves of Emotion: Weekly.** Participants learn and refine how to recognize when we feel strong emotions, and to identify options that we have for expressing our emotions in pro-social ways.

**Mindfulness: Weekly.** What is mindfulness? How can it help us deal with stressful situations? Learn practical techniques for being emotionally and mentally present in the now—less caught up in worry about the future and in disappointments about the past.

**Mind Over Mood: Weekly.** Tired of feeling at the mercy of your mood? Join us to learn and practice the skills of Cognitive Behavioural Therapy (CBT) in the workbook, *Mind Over Mood: Change how you Feel by Changing the Way You Think*, by Greenberger and Padesky (Guilford, 1995).

**Mental Health and Wellness Skills: Weekly.** This group provides participants with support for overall good health, exploring ideas on living a healthy life beyond mental health concerns—knowing what our bodies and minds need. Ideas explored are based on participant interest.

**ACTing on Confidence: Navigating Fear and Self Doubt: Weekly.** Using ACT and Mindfulness techniques, participants will work towards developing confidence with the help of the book "The Confidence Gap".

**(Closed Group) Volunteer Facilitators' Training: Last Tuesday of every month.** Current volunteer facilitators develop their peer support and group facilitation skills. Curriculum, discussion, and learning from one another. All SH volunteer facilitators are expected to attend on a regular basis.

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

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Canadian Mental  
Health Association  
Waterloo Wellington



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## Peer Support Groups September 2019

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## September 2019 PEER SUPPORT GROUPS --Cambridge

**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.

**Finding My Way:** This group uses an approach of personal empowerment to explore tools of recovery as laid out in Self Help's own publication, *Finding My Way: A Personal Recovery Guide*.

**Walking Group:** This group will focus on moving our bodies, and talk about our lives with other peers in a healthy way. Weather permitting, we will walk pathways and sidewalks, exploring our city and ourselves.

**Depression and Anxiety and Hope:** Participants who are currently, or have at some point, experienced depression and/or anxiety. Join us to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal wellness. (Also held at Delta Family Health Organization, 614 Coronation Boulevard, Cambridge)

**Substance Use Peer Support:** A non-judgmental space for mutual support around issues of substance use.

**Positive Reprogramming:** Dualities are everywhere, both in the world and within each of us—two sides of one coin, up and down, left and right, in and out, positive and negative. This group is for all who believe that extra positivity in their lives would give them a greater sense of balance and wellness. Through story-telling, laughter, facts (curiosities and skills), and learned techniques, we can each feel more positive.

**Volunteer Facilitators' Training (CLOSED GROUP):** Last Wednesday each month. Current volunteer facilitators develop their peer support and group facilitation skills. Curriculum, discussion, and learning from one another. All SH volunteer facilitators are expected to attend on a regular basis.

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