

1:1 Peer Support is available by calling:

- (519) 763-4014 Guelph
- (519) 570-4595 Kitchener
- (519) 623-6024 Cambridge

# Self Help Virtual Groups

September 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>If you are in crisis, please call HERE 24/7 at 1-844-437-3247</b></p> <p><b>Need COVID-19 support? Check out <a href="https://www.here4help.ca/">https://www.here4help.ca/</a></b></p>						
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		<p>Atomic Habits @ 11:00am-12:00m with Tonya</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30pm -2:30 pm with Daniel</p> <p>Anxiety, Depression &amp; Hope Peer Support @ 2:30pm – 3:30 pm with Roger</p>	<p>Just Breathe @ 11:00 – 12:00 pm with Tonya</p> <p>Anxiety, Depression and Hope Peer Support @ 3:00pm – 4:30 pm with David</p> <p>Borderline Personality Disorder Peer Support @ 1:00pm – 2:00 pm with Kassi and Rebekkah</p> <p>Families with Missing Loved Ones (missing persons) @ 7:00pm-8:00pm with Maureen and Cindy</p>	<p>Anxiety, Depression and Hope Peer Support @ 1:30pm-2:30pm with Jasmina</p> <p>Brave the Mic @ 1:30pm-3:30pm with Marcey</p> <p>DBT Peer Support @ 3:00pm-4:00pm with Meghan</p> <p>NOvid Club @ 6:00 pm – 7:00 pm with Denise</p> <p>Bipolar Disorder Peer Support Group @ 7:00pm- 8:00pm with Maynard</p>	<p>Boundaries &amp; Assertiveness @ 1:00 pm – 2:00 pm with Jasmina</p> <p>Mental Health &amp; Wellness Skills @ 1:00pm – 2:00 pm with Colene and Denise</p> <p>IFight4ME @ 2:00 pm - 3:00 pm with Kassi</p> <p>Substance Use Peer Support @ 3:00pm - 4:00 pm with Tonya and Jason</p>	
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
	<b>Labour Day</b> (STAT holiday)	<p>Atomic Habits @ 11:00am-12:00m with Tonya</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30pm -2:30 pm with Daniel</p> <p>Anxiety, Depression &amp; Hope Peer Support @ 2:30pm – 3:30 pm with Roger</p>	<p>Just Breathe @ 11:00 – 12:00 pm with Tonya</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30 pm- 2:30pm with Lawrence</p> <p>Borderline Personality Disorder Peer Support @ 1:00pm – 2:00 pm with Kassi and Rebekkah</p> <p>Families with Missing Loved Ones (missing persons) @ 7:00pm-8:00pm with Maureen and Cindy</p>	<p>Anxiety, Depression and Hope Peer Support @ 1:30pm-2:30pm with Jasmina</p> <p>DBT Peer Support @ 3:00pm-4:00pm with Meghan</p> <p>NOvid Club @ 6:00 pm – 7:00 pm with Denise</p> <p>Bipolar Disorder Peer Support Group @ 7:00pm- 8:00pm with Maynard</p>	<p>Boundaries &amp; Assertiveness @ 1:00 pm – 2:00 pm with Jasmina</p> <p>Mental Health &amp; Wellness Skills @ 1:00pm – 2:00 pm with Colene and Denise</p> <p>IFight4ME @ 2:00 pm - 3:00 pm with Kassi</p> <p>Substance Use Peer Support @ 3:00pm - 4:00 pm with Tonya and Jason</p>	
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
<p>Good Mindful Morning @ 10:30 am – 11:30 am with Jasmina</p> <p>Resiliency NOW @ 10:30am-12:00pm with Denise</p> <p>freEDom @ 1:30pm-2:30pm with Kassi</p> <p>Mind Over Mood Peer Support @ 3:00 pm-4:00pm with Meghan</p> <p>Supporting the Supporter @ 6:00pm -7:00 pm with Kassi</p> <p>H.A.R.P. @ 7:30pm-8:30pm with Tonya</p>	<p>Atomic Habits @ 11:00am-12:00m with Tonya</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30pm -2:30 pm with Daniel</p> <p>Watercolor for Relaxation @ 1:00 pm – 4:00 pm with Sharone and Marcey</p> <p>Anxiety, Depression &amp; Hope Peer Support @ 2:30pm – 3:30 pm with Roger</p> <p>Meditation @ 4:00 pm – 5:00 pm with Baljid and Denise</p>	<p>Just Breathe @ 11:00 – 12:00 pm with Tonya</p> <p>Mindfulness @ 1:00pm-2:00pm with Denise</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30 pm- 2:30pm with Lawrence</p> <p>Borderline Personality Disorder Peer Support @ 1:00pm – 2:00 pm with Kassi and Rebekkah</p> <p>Families with Missing Loved Ones (missing persons) @ 7:00pm-8:00pm with Maureen and Cindy</p>	<p>Anxiety, Depression and Hope Peer Support @ 1:30pm-2:30pm with Jasmina</p> <p>DBT Peer Support @ 3:00pm-4:00pm with Meghan</p> <p>NOvid Club @ 6:00 pm – 7:00 pm with Denise</p> <p>Bipolar Disorder Peer Support Group @ 7:00pm- 8:00pm with Maynard</p>	<p>Boundaries &amp; Assertiveness @ 1:00 pm – 2:00 pm with Jasmina</p> <p>Mental Health &amp; Wellness Skills @ 1:00pm – 2:00 pm with Colene and Denise</p> <p>IFight4ME @ 2:00 pm - 3:00 pm with Kassi</p> <p>Substance Use Peer Support @ 3:00pm - 4:00 pm with Tonya and Jason</p>		
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
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27	28	29	30
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## GROUP DESCRIPTIONS

All Groups Are Open to Adults Living in Waterloo and Wellington Communities. Participants Are Required to Adhere to the [Code of Conduct](#)

## NEW GROUPS!!

**Atomic Habits** - Do you have a habit you are wanting to change or stop? Join us as we go through the book Atomic Habits by James Clear, and explore our behaviors that may be causing us frustration and discomfort. **Drop-in Group.**

**Just Breathe** - Develop greater confidence using techniques from Acceptance & Commitment Therapy (ACT) and Mindfulness. **Drop-in Group.**

**Speakers Training**- Beautiful Minds encourages youth (18-35) in the community to become involved in our mental wellness program by becoming a volunteer speaker for our classroom presentations. Speakers are volunteers who have experienced a mental health issue and want to share their story with students. A two-part training is provided and focuses on the classroom presentation dealing with mental health, mental wellness, and stigma. During our training, volunteers learn more about general mental health, learn how to write their personal stories, and develop their public speaking skills. **Drop-in Group.**

**Watercolor for Relaxation: Simple Projects to Help You Unwind** – With the help of Skillshare, we will be watching and participating together in a relaxing watercolor class by Sharone Stevens, Illustrator and Watercolour Artist. **Drop-in Group.**

**freEDom** - Is a peer run group where folks struggling with disordered eating, body image issues or an eating disorder (diagnosed or undiagnosed) address struggles and celebrate triumphs occurring along their journey with a focus on skill-building and building motivation.

**Families with Missing Loved Ones (missing persons) - Dealing with Ambiguous Loss** - This group is for families and friends that are impacted by a missing loved one and those who have had a loved one found, alive or deceased. Know that it's the situation that is abnormal, not you. **Drop-in Group.**

**Anxiety, Depression and 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. **Drop-in Group.**

**Rules of NOvid Club** -  
#1. We DO NOT talk about COVID  
#2. We DO NOT talk about COVID  
#3. Come and enjoy an hour of distraction from what is going on around us through humour, creativity, music, and inspiration  
#4. There will be something for everyone. **Drop-in Group.**

**Mental Health & Wellness Skills** - A group that 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. There will be extra focus on how to support wellness during difficult times. **Drop-in Group.**

**Resiliency NOW** - We are all in need of resilience right now! Let's come together and connect while sharing skills and ideas to bounce back during these strange times. **Drop-in Group.**

**Volunteer Training Group**- Current volunteer facilitators develop their peer support and group facilitation skills. Curriculum provided by SH&PS, discussion and learning from one another. All SH volunteers are expected to attend on a regular basis. **Closed Group.**

**H.A.R.P** - Harm Reduction focused Substance Use Peer Support. A non-judgmental space to come together and talk about how substance use and recovery is impacting your life. **Drop-in Group.**

**Substance Use Peer Support or (SUPS)** - Harm Reduction focused Substance Use Peer Support. A non-judgmental space to come together and talk about how substance use and recovery is impacting your life. **Drop-in Group.**

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

**Good Mindful Morning** - 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. **Drop-in Group.**

**IFight4ME** - Join fellow peers in a conversation about self-esteem/self-worth. It is time to step out of your comfort zone and fight for you. IFight4ME offers honest discussions, tips, strategies, and validation for the difficulty that self-esteem brings. **Drop-in Group.**

**DBT Peer Support**- Join us in exploring, discussing, and supporting each other in how Dialectical Behaviour Therapy (DBT), as presented in Dr. Marsha M. Linehan's work, can be helpful in learning how to cope with and transform intense emotional experiences, using mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Summaries of the ideas will be provided by e-mail. Participants are welcome by telephone, but you will get the most out of this group if you have access to video, e-mail and a printer, and if you are able to attend consistently. **Drop-in group.**

**Meditation**- Joins us as we practice meditations from some of the most trusted teachers in the field. We will also explore some history and research to help understand the origins and benefits of meditation. All levels of meditation experience welcome.

**Borderline Personality Disorder Peer Support**- Join fellow warriors in supporting each other with compassion through common experience and to provide information, validation and hope. You do not need a formal diagnosis to attend. **Drop-in Group.**

**Supporting the Supporter**- A weekly peer support group for friends and family that are supporting individuals who live with mental health and/or addiction. Peer led discussions about mental health, addictions and how best to be supportive while considering personal boundaries, community resources and self-care. **Drop-in Group.**

**Bipolar Disorder Peer Support Group**- Individuals who experience bipolar disorder are invited to participate in this group. Mood swings within bipolar 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. **Drop-in Group.**

**Mind Over Mood Peer Support**- Join us as we work through and discuss the self help book, Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Summaries of each chapter will be provided by e-mail. Participants are welcome by telephone, but you will get the most out of this group if you have access to video, e-mail and a printer, and if you are able to attend consistently. Participants may also wish to purchase their own copies of the book through their local or online bookseller. **Drop-in group.**

**Mindfulness** - What is mindfulness? How can it help us manage stressful situations? Learn practical techniques for being emotionally and mentally present in the now - less caught up in the worry about tomorrow and in disappointments about the past.

To register to a group, please contact: [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca)