

1:1 Peer Support is available by calling:

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



Self Help Virtual Groups

November 2020

If you are in crisis, please call HERE 24/7 at 1-844-437-3247
Need COVID-19 support? Check out <https://www.here4help.ca/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>Good Mindful Morning @ 10:30 am – 11:30 am with Jasmina</p> <p>Chronic Pain & Mental Health Peer Support @10:30 am – 11:30 am with Roger and Meghan</p> <p>Resiliency NOW @10:30am-12:00pm with Denise</p> <p>freEDom @ 2:00pm-3:00pm with Kassi</p> <p>Mind Over Mood Peer Support @ 3:00pm-4:00pm with Meghan</p> <p>Supporting the Supporter @ 6:00pm -7:00pm with Kassi</p> <p>Substance Use Peer Support @ 7:30pm-8:30pm with Tonya</p>	<p>Golden Years Group @10:30am-11:30am with Brenda</p> <p>Atomic Habits @ 11:00am-12:00m with Tonya</p> <p>Buried in Treasures @ 1:00pm- 2:00pm with Bonnie and Meghan</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30pm -2:30 pm with Daniel</p> <p>Meditation @ 4:00 pm – 5:00 pm with Baljit and Denise</p>	<p>Just Breathe @ 11:00am – 12:00pm with Tonya</p> <p>Mindfulness @ 1:00pm-2:00pm with Denise</p> <p>Walking Together Kitchener @ 1:00pm-2:00pm with Brenda and Jasmina</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>Self-Compassion @ 10:30am - 11:30am with Patrick and Meghan</p> <p>All Bodies Gentle Movement & Chair Yoga @ 11:30am-12:15pm with Tanya</p> <p>Walking & Talk Guelph @ 12:30 pm-1:30pm with Tonya</p> <p>Creative Writing @ 1:30pm-3:30pm with Marcey <i>(full)</i></p> <p>Growing through Grief and Loss @ 1:00 pm – 2:00pm with Brenda</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30pm-2:30pm with Jasmina</p> <p>DBT Peer Support @ 3:00pm-4:30pm with Meghan and Lawrence</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 & Assertiveness @ 1:00 pm – 2:00 pm with Jasmina</p> <p>Mental Health & Wellness Skills @ 1:00pm – 2:00pm with Colene and Denise</p> <p>IFight4ME @ 2:00pm - 3:00pm with Kassi</p> <p>Substance Use Peer Support @ 3:00pm - 4:00 pm with Jason and Tonya</p> <p>DBT Peer Support @ 3:00pm-4:30pm with Meghan and Lawrence</p> <p>Modern Watercolor Techniques for Beginners @ 6:00 pm – 8:00 pm with Marcey <i>(full)</i></p>	
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29	30	<p>To register to a group, please contact: selfhelpgroup@cmhaw.ca</p>				
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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](#)

All Bodies Gentle Movement & Chair Yoga- All bodies are unique and all yoga is adaptable. This virtual drop-in class is designed for people who do not wish to get down onto a mat on the floor or for anyone with mobility restrictions resulting from age, injury, illness, or chronic disease. No yoga props needed – just a chair. We will explore movement with breath, and action with awareness. Gentle and uplifting. Come explore this transformative and accessible practice. 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.

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.

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.

Borderline Personality Disorder Peer - 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.

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.

Buried in Treasures- Give and gain support as we learn to understand and cope differently with our desires to collect and save possessions. Decrease self-stigma around "hoarding". Drop-in group.

Chronic Pain & Mental Peer Support- Chronic pain takes as much of a toll on our minds as it does on our bodies. Come join us to explore and find new ways of coping and thinking about both pain and your mental health concerns that will allow you to take more control over your own life. Drop-in group.

Creative Writing: Generating Ideas for Your Next Story- There are a lot of information and online courses about structuring and plotting your story, character sketches, writing dialogues etc. But there is a little on HOW TO ACTUALLY GENERATE IDEAS for stories. This course consists of a few practical "Getting Ideas" exercises that you can do at home or anywhere else. (no spots available)

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.

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.

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. Drop-In Group.

Golden Years Group- This group is for adults 55+ that are experiencing isolation and loneliness. Join other peers as we share our struggling and discuss coping strategies.

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.

Growing through Grief and Loss - Are you grieving the loss of a loved one? a pet? an important relationship? a job? Join us for support, honour your individual path, find comfort in sharing and find ways of healing. Drop-In Group.

Help with Bureaucracy- Need help from the Government or organization but don't know where to start? Are you afraid of saying the wrong things on Application Forms? Need to explain your situation to a bureaucrat? Help with Bureaucracy can help. We don't just provide general advice but can help to craft relevant and persuasive arguments dealing with your specific situation. 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.

I'm the Angry One- Learn about why anger is important for our health and wellbeing, how to recognize when we feel angry, and how to express our anger in non-destructive ways. Come out and learn the biological and psychological roots of anger, and how you can break old habits and replace with more productive new ones. Drop-in Group.

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

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. 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. Drop-in Group.

Modern Watercolor Techniques for Beginners- During this three-part series, we will be learning a variety of techniques and completing several projects. Part One: Transparencies, Gradients, Precision; Part Two: Monochrome Project, Experimental Watercolours; Part Three: Galaxy Project. A list of materials required will be emailed to you upon registration. If you do not have access to the supplies, a supply kit can be delivered or picked up at no cost to you.(no spots available)

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.

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.

Self-Compassion- This workbook-based group (The Mindful Self Compassion Workbook, by Kristen Neff and Christopher Germer) gives participants opportunities for activities and discussions surrounding how to be kinder to ourselves. A photocopy 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.

Simple Ways to Improve Your Sleep - Sleep is an essential part of our overall wellbeing but why? Sleep helps our bodies repair and rejuvenate our brain to function at an optimal level so we can live a full life both mental and physically. Not getting enough sleep has been linked to many health issues such as weakened immune system and mental health problems such as anxiety and depression. Each one of us is unique, therefore we will explore different ways and bring highly researched ways to hopefully help you improve your sleep! Drop-In Group.

Substance Use Peer Support- 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.

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.

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.

Walking & Talk Guelph- Join us at Royal City Park (at the gazebo) for Walk & Talk if you are bored of Virtual Groups! We will walk along the lovely speed river trail and connect with one another during conversation or if you wish to just walk and not talk, that is ok too! Weather permitting. If it is raining, it will be cancelled but we will still meet if it's cold - we just need to dress appropriately. Drop-In Group.

Walking Together Kitchener- Please join us for fresh air and exercise as we walk with fellow peers on a planned route through the city. Route will begin at Speakers Corner just outside the Kitchener site (67 King St. E.). Please arrive wearing your own mask. If you do not have a mask, staff will provide you one. Please arrive 10 minutes early to undergo Co-Vid 19 screening. Each individual will be screened privately. Individuals experiencing symptoms will not be able to participate in the walk. Drop-In Group.

To register to a group, please contact: selfhelpgroup@cmhww.ca