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1:1 Peer Support is available by calling:

1. (519) 763-4014 Guelph
2. (519) 623-6024 Cambridge



Visit us at
www.cmhawwselfhelp.ca



Drop-In Support Groups January 2021

Drop-In Self Help & Peer Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Mindful Morning @ 10:30a – 11:30a with Jasmina</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:00p with Meghan</p> <p>Resiliency NOW @ 10:30a-12:00p with Denise</p> <p>Mind Over Mood Peer Support @ 3:00 p-4:00p with Meghan</p> <p>Supporting the Supporter @ 6:00p -7:00p with Kassi</p> <p>Substance Use Peer Support @ 7:30p-8:30p with Tonya</p>	<p><i>Tuesday January 1, there will be no groups/services</i></p> <p>Exploring Spirituality in Recovery @ 10:30a-11:30a with Paul</p> <p>Buried in Treasures @ 1:00p- 2:00p with Bonnie and Meghan</p> <p>I'm the Angry One @ 1:00p-2:00p with Denise</p> <p>Fun & Games Group 1:00p-2:00p with Tony</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p -2:30p with Daniel and Katrina</p> <p>Meditation @ 4:00p- 5:00p with Baljit and Denise</p> <p>Anxiety, Depression and Hope Peer Support @ 7:00 p- 8:30p with Tony</p>	<p>Families with Missing Loved Ones @ 7:00p – 8:00p with Maureen (6th & 20th)</p> <p>Just Breathe @ 11:00a – 12:00p with Tonya</p> <p>Mindfulness @ 1:00p-2:00p with Denise</p> <p>Walking Together Kitchener* @ 1:00p-2:00p with Tony</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30 p- 2:30p with Lawrence</p> <p>Borderline Personality Disorder Peer Support @ 1:00p – 2:00p with Kassi and Rebekkah</p>	<p>Self-Compassion @ 10:30a -11:30a with Patrick and Meghan</p> <p>All Bodies Gentle Movement & Chair Yoga @ 11:30a-12:15p with Tonya</p> <p>Walking & Talk Guelph* @ 1:00p-2:00p with Tonya</p> <p>Growing through Grief and Loss @ 1:00p – 2:00p with Brenda</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p-2:30p with Jasmina</p> <p>DBT Peer Support @ 3:00p-4:30p with Meghan and Lawrence</p> <p>Bipolar Disorder Peer Support Group @ 7:00p-8:00p with Maynard</p>	<p>Boundaries & Assertiveness @ 1:00p – 2:00p with Jasmina</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene and Denise</p> <p>Substance Use Peer Support @ 3:00p - 4:00 p with Tony</p> <p>DBT Peer Support @ 3:00p-4:30p with Meghan and Lawrence</p>

*Group meets in-person (masks required). Participants will be screened for COVID-19 upon arrival at group.

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- 3. (519) 763-4014 Guelph
- 4. (519) 623-6024 Cabridge



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Self Help Virtual Groups January 2021

Recovery Learning Groups

Monday	Tuesday	Wednesday	Thursday	Friday
	Starting Tuesday January 11 Atomic Habits (8 weeks) with Tonya	Riding the Waves of Emotions @ 2:00p– 3:00p with Brenda (12 weeks) Destressifying @ 3:00p-4:00p with Jasmina (Start Jan 13 – 6 weeks)	DBT Peer Support (16 weeks – full) with Meghan Live Your Best Life 6:00p to 7:00p (12 – weeks) with Denise	IFight4ME @ 2:00p - 3:00p (12 weeks) with Kassi

Spark of Brilliance Groups with Marcey Gray

Monday	Tuesday	Wednesday	Thursday	Friday
Fearless Art Kickstart: 2-part workshop 18 th & 25 th from 1:30p-3:30p		Book of Me: Writing My Life 13 th & 27 th from 1:30p-3:30p Write Brain Word Play 6 th & 20 th from 1:30p-3:30p	Art Songs 14 th from 1:30p-3:30p Art Songs 21 st from 6:00p-8:00p	

Starting January 2021 Self Help & Peer Support will be piloting having registered Recovery Learning virtual groups in addition to our regular drop-in virtual groups. You will notice we now have two calendars: Recovery Learning groups and Drop-In Self Help & Peer Support groups. **ALL** Self Help & Peer Support groups are open to adults living in Waterloo Wellington communities who identify as living with mental health or/and addiction issues. Participant's can choose to attend any combination of drop-in and recovery learning groups.

Drop-in groups: There are no changes to how people attend our drop-in groups. Drop-in groups focus on connection with others, sharing skills and strategies, and providing each other peer support. No information about participants is required and no attendance is tracked. Participation is anonymous and folks attend group as often as they desire. To receive the link for a drop-in group send us an email selfhelpgroup@cmhaww.ca and let us know which groups you wish to attend. Unless noted otherwise Drop-In Groups occur virtually.

NEW!! Recovery Learning Groups: Recovery Learning groups follow a curriculum and occur for a determined number of sessions, with the sae participants attending each week. These are closed groups. Participating in a Recovery Learning group requires enrollment with Self Help & Peer Support. During enrollment staff will collect some basic contact and demographic information from participants and attendance is tacked. Recovery Learning groups are by self-referral and to register please email selfhelpgroup@cmhaww.ca letting us know which group you would like to register for.

GROUP DESCRIPTIONS

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

A Social Life – Social Media Depression- Spark of Brilliance and Iman Grewal, Self Help & Peer Support / CMHA Entrepreneurship Facilitator and Film Programmer for the Toronto International Film Festival, invites you for a special screening and panel discussion of the award winning mental health short film called 'A Social Life – Social Media Depression'. The event will start with a brief introduction by Iman. We will cover some house rules and follow with the screening, panel intro, discussion and a Q & A. The panel will consist of two a social media expert and a mental health expert who will discuss the effects of social media and mental health, how the film has presented this topic, tips, and resources.

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.

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.

Art Songs- For this workshop, we will be creating a series of paintings using music as our inspiration. For this workshop, you will require paint of any kind, a paintbrush or two, and something to paint on. If you do not have these supplies, please mention it during registration and a supply kit will be provided to you at no cost.

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.

Exploring Spirituality in Recovery- This group offers space to share how spiritual health is important for recovery. Explore and share views on topics like caring for the Soul; the role of forgiveness; the importance of new beginnings; the place for meaning and hope and more. This is not a religious or curriculum based group. We are guided in the group by what we bring and share from our lives.

Fearless Art Jumpstart- If you accept this challenge, you'll be creating 14 different drawings, using a variety of prompts, methods and tools. All that is required for supplies are paper of any kind and markers/pens. You can also incorporate other implements you have around the house if you choose including paint, crayons, pencil crayons etc. Nothing fancy required.

Fun & Games Group- A group for peers to come together for an hour of free virtual fun, games and laughter in a playful and safe environment that is accessible to anyone. This group is intended for anyone looking for connection with other peers through a fun & games virtual medium format. Examples of group activities may include: improv, music games, ice-breakers, group story-telling, imagination exercises, word games, funny noise and comedy games, 2 lies and a truth, group movement, name that tune, guess who and many, many other imaginative virtual group activities

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 shae. 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.

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.

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.

Riding the Waves of Emotions (12 weeks) - Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Take control of your emotions by learning how to respond to them. Please join us in learning how to identify, understand and release your emotions.

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.

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 Jaes Clear and explore our behaviors that may be causing us frustration and discomfort.

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.

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.

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

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".

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.

Destressifying - We all experience stress. It is the human condition. We can learn how to transform it by understanding how stress impacts our body, thoughts, feelings, behaviours and ultimately our relationships.

designed to bring a smile to our faces 😊

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.

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.

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

Live your Best Life Workshop- Are you living your life thriving, or just going through the motions? Are you truly who you want to be? Are you living each day as your best self? How would you answer these questions? Let's explore and apply the tools necessary to design what you see as "Living Your Best Life". We will look at personal traits, core values, tenets for change, barriers, ego, relationships, social life, health and wellness, spirituality, as well other topics that will help you set yourself up for success.

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 mediation experience welcome.

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.

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.

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.

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.

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.

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. Everyone will be screened privately. Individuals experiencing symptoms will not be able to participate in the walk.