

Drop-in Support Groups

April 2021

Drop-In Self Help & Peer Support Groups

Listen to our [podcast!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Mindful Morning @ 10:30a- 11:30a with Jasmina</p> <p>Resiliency NOW @ 10:30a-12:00p with Denise</p> <p>Monday Motivation @11:30a-12:30p with Lisa</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:00p with Roger</p> <p>Parting Ways @ 2:00p- 3:00p with Brenda</p> <p>Mind Over Mood Peer Support @ 3:00p- 4:00p with Meghan and Lawrence</p> <p>Coping with OCD Peer Support Group @3:00p- 4:00p with Kassi</p> <p>Supporting the Supporter @ 6:00p-7:00p with Kassi</p> <p>12 Steps - Stepping Outside the Circle @ 7:30p-8:30p with Tonya</p>	<p>Exploring Spirituality in Recovery @ 10:00a-11:00a with Jasmina</p> <p>Buried in Treasures Peer Support @ 1:00p – 2:30p 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- 3:00p with Daniel and Katrina</p> <p>The Untethered Soul @ 3:00p-4:00p with Iman</p> <p>Meditation @ 4:00p- 5:00p with Baljit and Denise</p> <p>Anxiety, Depression and Hope Peer Support @ 7:00p- 8:30p with Tony</p>	<p>Just Breathe @ 11:00a- 12:00p with Tonya</p> <p>Mindfulness @ 1:00p-2:00p with Denise</p> <p>Borderline Personality Disorder Peer Support @ 1:00p – 2:00p with Kassi and Meghan</p> <p>Walking Together* @1:00p-2:00p <i>Meet at Speakers Corners - 67 King St, Kitchener</i> with Tony, Rob, and John</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p- 2:30p with Lawrence</p> <p>Families with Missing Loved Ones @ 7:00p – 8:00p (14th & 28th) with Maureen</p>	<p>Self-Compassion @ 10:30a - 12:00p with Meghan</p> <p>All Bodies Gentle Movement & Chair Yoga @ 11:30a-12:15p with Tonya</p> <p>Walk & 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>Bipolar Disorder Peer Support Group @ 7:00p- 9:00p with Maynard and Tim</p>	<p>**Friday, April 2, there will be no groups/services**</p> <p>Zentangle @ 11:30a- 12:30p with Cindy and Jasmina</p> <p>Boundaries & Assertiveness @ 1:00p- 2:00p with Jasmina</p> <p>freEDom @1:00p- 2:00p with Kassi</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene and Denise</p> <p>Self Esteem @ 2:00p – 3:00p with Kassi</p> <p>Substance Use & Recovery Focus (SURF) @ 3:00p -4:00p with Tony</p>

Group meets in-person (masks required). Participants will be screened for COVID-19 upon arrival at group. All other groups will occur virtually.

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. Participants can choose to attend any combination of drop-in and recovery learning groups.

Enrolled Support Groups

April 2021

Recovery Learning Groups

Listen to our [podcast!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Atomic Habits @ 10:30 am, with Tonya, from April 13 – July 6 (12 Weeks) <u>Capacity:</u> 10</p> <p>Introductory Meditation 101 @ 6:00p- 7:00p with Baljit and Denise, from April 20 – May 25 (6 weeks)</p>	<p>Riding the Waves of Emotion @ 2:00p – 3:30p with Brenda (16 Weeks) <u>Capacity:</u> 12</p> <p>Destressifying @ 3:00p-4:00p with Jasmina from April 14-May 19 (6 weeks)</p>	<p>**FULL DBT Peer Support @ 3:00p-4:30p with Meghan and Lawrence **Please email if you would like to be on a waitlist to join in November.</p> <p>Live Your Best Life @ 6:00p- 7:30p with Denise, from April 8th – June 24th (12 weeks)</p> <p>Volunteer Facilitator's Training @ 2:00p-4:00p on April 29 with Denise</p>	<p>**FULL DBT Peer Support @ 3:00p-4:30p with Meghan and Lawrence **Please email if you would like to be on a waitlist to join in late Summer.</p>

Spark of Brilliance Groups with Marcey Gray

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Glass Stone Collage Art: April 12 @ 1:30p- 3:30p <u>Capacity:</u> 10</p> <p>Stunning Gouache Bouquet: April 22-23 @ 1:30p- 3:30p <u>Capacity:</u> 15</p>		<p>Book of Me: Writing My Life: 14th & 28th @ 1:30p- 3:30p <u>Capacity:</u> 20</p>	<p>Write Brain Word Play: 7th & 21 @ 1:30p- 3:30p <u>Capacity:</u> 20</p> <p>Whimsical Acrylic Birds: 29th @ 1:30-4:00p <u>Capacity:</u> 15</p>	

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.

Recovery Learning Groups: Recovery Learning groups follow a curriculum and occur for a determined number of sessions, with the same 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 tracked. 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](#).

12 Steps - Stepping Outside the Circle - A non-judgmental space to come together and talk about how substance use and recovery is impacting your life. We will be referring to the book 'Recovery: Freedom from our Addictions' by Russell Brand as well as other material/videos from other folks who are living the 12 steps. This group focuses on reducing on changing our relationships with substance use.

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.

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.

Book of Me: Writing My Life - Twice monthly we meet to discuss various aspects of autobiography and memoir writing and use intentional writing prompts to bring out stories from our lives. Participants are welcome to come and go throughout the series as they are able but must register on a month-to-month basis. Space available on a first come, first served basis. Login information will be sent out prior to the workshop! No previous experience necessary. All that is required for this workshop is a pen, a notebook, and a desire to write your story. To register, please email mgray@cmhaww.ca.

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”.

Coping with OCD Peer Support Group - A group where individuals who identify living with symptoms of obsessive-compulsive disorder can walk the journey together. Including, and not limited to, rituals that are used daily to reduce anxiety and repetitive/intrusive thoughts. This is a peer run 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.

DBT Peer Support (Drop-in and Recovery Learning groups) - 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. ****Both sessions are currently full.** Please email selfhelpgroup@cmhaww.ca if you would like to be on a waitlist to join in November (Thursday session), or late Summer (Friday session).

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.

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.

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.

freEDom - 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.

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 the following: improv, music games, icebreakers, group storytelling, 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 designed to bring a smile to our faces 😊.

Glass Stone Collage Art - In this workshop, we will be making 4 large stone glass collages and 10 small stone glass collages that can be made into magnets or pendants. Please register before April 5 by emailing mgray@cmhaww.ca. Supply kits will be made available for pick-up from either our Guelph or Kitchener CMHA WW site. Spaces available on a first come, first serve basis. Max 10 participants. Login information will be sent out prior to the workshop!

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.

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.

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.

Introductory Meditation 101 - Come join us for an educational based group that will run for six weeks and gain a basic understanding of meditation. We will explore the history, the science, and the different techniques to help understand the origins and benefits of meditation. Our aim is to leave the group with a strong foundational knowledge base of meditation to help spread awareness and healing benefits to the world.

Just Breathe - Develop greater confidence as we co-learn 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.

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 copy 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.

Monday Motivation - Join us on Mondays to rev up the motivation you are looking for to carry you through your week!

Parting Ways - Are you going through a separation or divorce? Is your mental health impacted by the separation? Please join us as we share our experiences, support each other, and walk similar journeys together.

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 - 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.

Self Esteem (previously 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.

Stunning Gouache Bouquet - We all have a creative spirit, sometimes it gets buried under the rubble of fear and negative messages we may have received in our lives. Painting is a way to open that up, to clear out the rubble, uncover and let that creative spirit loose, set it free so that you can create the way you were meant to. So, let's do that while creating a stunning piece, with the help of Suzanne Allard and Skillshare, that you can hang in your home to remind yourself of how brave you are! Please register before April 15 by emailing mgray@cmhaww.ca. Supply kits will be made available for pick-up from either our Guelph or Kitchener CMHA site. Spaces available on a first come, first serve basis. Max 15 participants. Login information will be sent out prior to the workshop.

Substance Use & Recovery Focus (SURF) - An open discussion, harm reduction focused, substance use and addictions peer support group for folks using drugs and alcohol. We share how substance use affects our lives and how we may come together in mutual support and learning on our individual journeys towards improved wellness and quality of life. This group focuses on living well with or without changing our substance use.

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.

The Untethered Soul - Based on the #1 *New York Times* best seller, 'The Untethered Soul' by Michael A. Singer, we will meet each week to take a deep dive into the book and exercises presented in the accompanying workbook. Experience an inward journey, which will provide tools to help transform your relationship with yourself and the world around you, unpack the thoughts that don't define you, and so much more. Please join us by video or phone. Everyone wishing to join may also purchase the book and workbook through Amazon or your local online bookseller.

Volunteer Facilitators' Training - Active Self Help & Peer Support volunteers learn & refine peer support skills in a range of themes.

Walk & 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 - Please join us for fresh air and exercise as we walk with fellow peers on a planned route through the city (generally we walk to Victoria Park and back, as determined by the group). 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 Covid-19 screening. Individuals experiencing symptoms will not be able to participate in the walk.

Whimsical Acrylic Birds - This is a fun, colorful project where you can relax and learn without the pressure to make things perfect. You're going to use your imagination to create three make-believe birds as well as learn some acrylic painting techniques that you can use in your other art projects. Please register before April 15 by emailing mgray@cmhaww.ca. Supply kits will be made available for pick-up from either our Guelph or

Kitchener CMHA site. Spaces available on a first come, first serve basis. Max 15 participants. Login information will be sent out prior to the workshop!

Write Brain Word Play - You're seated at your desk, fingers poised and ready to start writing, but... the words aren't coming. The blank page strikes again! Never fear! If you are battling writer's block or you are just looking for new ways to flex your creative writing muscles, the Write Brain workshop will make sure you always have words to play with! No experience necessary! All you need is a pen, paper, curiosity, and some kookiness! To register, please email mgray@cmhaww.ca. Login information will be sent out prior to the workshop!

Zentangle - Take this opportunity to regain your creative balance. Put aside any worries and fears for a few moments. When you return, you can respond creatively and constructively to whatever situations you encounter. You cannot focus on tangling and cultivate your fears at the same time. Through the Zentangle Method of drawing, you can relax, focus, expand your imagination, increase your awareness, and discover the fun and healing in creative expression.