

Drop-in Support Groups: November 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 Lisa</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Mind Over Mood Peer Support @ 3:00p - 4:30p with Meghan and Lawrence</p> <p>Parting Ways @ 2:00pm – 3:00pm with Brenda</p> <p>Supporting the Supporter @ 6:00p-7:00p with Farah</p>	<p>Exploring Spirituality in Recovery @ 10:00a-11:30a with Nick and Jasmina</p> <p>Buried in Treasures Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Anxiety, Depression and Hope Peer Support 1:30 pm – 3:00pm with Daniel and Katrina</p> <p>Self Discovery, Self Healing, Self Love, a continuation of The Untethered Soul @ 4pm –5pm with Iman and Baljit</p> <p>Anxiety, Depression and Hope Peer Support @ 7:00pm – 8:30pm with Farah</p>	<p>Self-Compassion @ 11:00a -12:30p with Brenda</p> <p>Borderline Personality Disorder Peer Support (BIWEEKLY) @ 1:00p – 2:30p with Meghan (November 3rd and 17th)</p> <p>Mindfulness @ 1:00p-2:00p with Danah and Colene</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p - 3:00p with Lawrence</p> <p>Destressifying @ 3:00p-4:00p with Jasmina</p> <p>Families with Missing Loved Ones @ 7:00pm - 8:00p with Maureen (10th and 24th)</p>	<p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p-2:30p with Jasmina and Nick</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Denise and Brenda</p> <p>Bipolar Disorder Peer Support Group @7:00pm – 9:00pm with Brenda</p>	<p>Zentangle @ 11:30a- 12:30p with Cindy and Jasmina</p> <p>Boundaries & Assertiveness @ 1:00p- 2:00p with Jasmina</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene and Danah</p> <p>Substance Use & Recovery Focus (SURF) @ 3:00p -4:30p with Krista and Farah</p>

ALL Self Help & Peer Support groups are open to adults living in Waterloo Wellington communities who identify as living with mental health or/and substance use issues. Participants can choose to attend any combination of drop-in and recovery learning groups.

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.

Group Cancellations: In the event that we need to cancel a group session, we will post it to our Facebook page at: <https://www.facebook.com/selfhelppeersupport>. This will also be changed to the outgoing message on our Group Cancellation line at 1-844-CMHA WW3 (1-844-264-2993) extension 4004.

Enrolled Support Groups: November 2021

Recovery Learning Groups

Listen to our [podcast!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
		Riding the Waves of Emotion @ 2:00pm – 3:30pm with Brenda and Katrina begins Sept 8 th – Dec 22 nd (16 weeks) – FULL Capacity: 12	Journey to Recovery Strategy Toolbox- @12-1:30pm with Farah DBT Peer Support Skills Refresher @ 1:00p - 2:30 p with Meghan and Lawrence DBT Peer Support @ 3:00p - 4:30p with Meghan and Lawrence. <i>**Current series and waitlist are full. Next availability is 2023. We'll post on a future calendar if this changes. **</i>	DBT Peer Support @ 3:00p - 4:30p with Meghan and Lawrence. <i>**Current series and waitlist are full. Next availability is 2023. We'll post on a future calendar if this changes. **</i>

Spark of Brilliance Groups with Marcey Gray

Monday	Tuesday	Wednesday	Thursday	Friday
To the Letter Monthly- November 15 from 1:30-3:30 p.m. Watercolour Autumn Illustrations (1 of 2) - November 29 from 1:30-3:30 p.m.	Watercolour Autumn Illustrations (2 of 2) - November 30 from 1:30-3:30 p.m.	Book of Me: Writing My Life – November 10 & 24 from 1:30-3:30 p.m. Write Brain Word Play – November 17 from 1:30-3:30 p.m.	Illustrated Journaling Monthly– November 11 from 1:30-3:30 p.m.	

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](#)

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.

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 Support – (CURRENTLY BIWEEKLY) Join fellow warriors in supporting each other with compassion through common experience and sharing 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 Peer Support- 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.

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. Regular attendance for about one year is required for each series.

Current series and waitlists are full. Next availability is 2023. If this changes, we’ll post on a future calendar.

DBT Peer Support Skills Refresher A weekly opportunity for people who have completed a Self Help & Peer Support DBT Peer Support series to meet and support each other in fine-tuning their use of the skills already learned.

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.

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.

Help for the Hurting Heart - This workbook-based group (Help for the Hurting Heart Workbook, by David Kessler) guides you through the grieving process in a way that leaves you feeling at peace and free to create a life of meaning after your loss. While you can grieve more than the loss of a loved one (breakup, job loss, ending a friendship, betrayal, and also anticipating loss while caring for a sick loved one), it’s important to learn how to honor and attend to your grief in a way that heals what hurts while letting go of guilt, anger, and what-if’s. Please join us as David leads us down a path towards remembering with more love than pain. You can live a happy and fulfilled life, even after life’s most painful experiences. Grief is a journey. An electronic copy of the workbook will be provided to you.

Journey to Recovery Strategy Toolbox - This group is for those in any stage of substance use recovery. Learn about managing triggers and strategies for coping, through the creation of a physical toolbox, using harm reduction, Cognitive Behaviour Therapy (CBT), and mindfulness approaches. This group is now ongoing, and you can join any time.

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 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. Although it is not necessary, participants may wish to purchase their own copy of the book (we use the 2nd Edition) 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.

Parting Ways - Are you experiencing the end of a relationship, break-up, separation or divorce? Is your mental health impacted by the separation? Please join us as we learn to heal and regain our footing by sharing our experiences, supporting 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.

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.

Two sessions each week. Please attend only [one](#).

Substance Use & Recovery Focus (SURF) - An open discussion, harm reduction-focused, substance use and addictions peer support group for folks using drugs and alcohol, trying to reduce use or be abstinent. 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 and is facilitated by peers with lived experience. This group is an alternative to the 12-step model.

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.

Self Discovery, Self Healing, Self Love, a continuation series of The Untethered Soul - this group is a continuation series from our beautiful discussions and exercises in 'The Untethered Soul Guided Journal' group where we explored the three pillars of 'Self' mentioned above. Now, we are further adding more teachings to our toolbox from other world-renowned spiritual teachers such as, Eckhart Tolle, Louise Hay, Sadhguru, and more. We will meet each week to take a deep dive into various teachings to continue an inward journey which we hope will provide tools to help transform your relationship with yourself and the world around you while unpacking the thoughts that don't define you.

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.

Spark of Brilliance Group Descriptions

All groups are open to adults living in Waterloo and Wellington communities. • Participants are required to adhere to the [Code of Conduct](#)

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. Register any time by emailing Marcey Gray at mgray@cmhaww.ca. 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 the Letter - Through the lessons of various Skillshare artists, during each workshop we will learn a new style of hand lettering to take your hand drawn quotes, signs, and mixed media to new levels. No experience necessary. Most months all that will be required are: a pencil, eraser, markers or pencil crayons, and paper. Additional supplies required this month are: one or more sheets of scrapbook or patterned paper (any size you would like to work on), a permanent black marker (a Sharpie is fine), acrylic paint (white, green, red). If you do not have access to these supplies, please make note of that in your registration request and supplies can be provided for you! To register, email Marcey Gray mgray@cmhaww.ca. Spaces are available on a first come, first served basis. Login information will be provided in advance of 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! Please register by emailing Marcey Gray at mgray@cmhaww.ca Login information will be sent out prior to the workshop!

Illustrated Journaling Monthly - Once a month, with some help from illustrator, Dylan Mierzwinski, and Skillshare, we will be creating full color-filled illustrated journal entries in this beginner-friendly creative workshop. We'll be taking a mindful approach to working together through illustrated journal prompts to promote calm and pressure-free creativity. The supplies are basic; a blank journal or loose-leaf paper, markers and pens (or whatever coloring tool you have lying around), scrap paper, and time set aside each month to support our mental health and creative wells! Please register by emailing Marcey Gray at mgray@cmhaww.ca. Login information will be sent out prior to the workshop!

Watercolour Autumn Illustrations - With the help of Skillshare and artist Olga Bonitas, we will create four beautiful fall illustrations using autumn leaves and watercolors. This workshop is for participants of all levels of experience. Supplies required are: 4 large fall leaves, watercolour paint, watercolour paper, paintbrushes. Please mention in your registration if you require any supplies. Participants will be required to prepare for the workshop by finding 4 large leaves.

To register, email Marcey Gray mgray@cmhaww.ca. Spaces are available on a first come, first served basis. Login information will be provided in advance of the workshop.

12 Days of Well-mas – Coming Soon!

Throughout the month of December, Spark of Brilliance will be bringing you 12 special workshops that aim to bring joy and wellness to your holidays! You can expect some gift making; greeting card creation; self-care, a film review and discussion: outdoor fun with snowpainting and creature building, and more! And.. start planning your holiday outfit now for our evening of holiday tidings that will include performances, music, activities, trivia, and prizes! Stay tuned for more information by joining the Spark of Brilliance mailing list! Just send an email to Marcey Gray at mgray@cmhaww.ca

What are the impacts of Peer Support on your Wellbeing and/or Occupational Recovery?



Are you currently receiving peer support for mental health and/or addiction issues?

You are invited to participate in POWeR (Peer support and Occupational Wellbeing Research), a study about the impact of mental health and/or addiction peer support on your wellbeing and/or occupational recovery.

What you need to know

1. Three 60-75 minute interviews (online or on the phone) scheduled 12 weeks apart.
2. For each interview, you will receive a \$25 gift card to Tim Hortons, Starbucks, President's Choice, or Amazon.

The study is open to both people who are currently working and those who are not currently working.

To participate or learn more, please provide your contact information at the following link:
bit.ly/powercontactus

Contact us with any questions at: **POWeR@wlu.ca**



This study has been approved by the Wilfrid Laurier University Research Ethics Board (REB #5901)