

Drop-in Support Groups: December 2021

Drop-In Self Help & Peer Support Groups

Check out our [podcast archive!](#)

Visit us at www.cmhawwselfhelp.ca

December 1-17				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Winter Self Care (3 part workshop) @ 1:30p – 3:30p with Colene</p> <p>Good Mindful Morning @ 10:30a -11:30a with Jasmina</p> <p>Resiliency NOW @ 10:30a – 12:00p with Lisa and Nancy</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Parting Ways @ 2:00p – 3:00p with Brenda</p> <p>Supporting the Supporter @ 6:00p -7:00p with Farah</p>	<p>Exploring Spirituality in Recovery @ 10:00a - 11:00a 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 @ 1:30p - 3:00p with Daniel and Brenda</p> <p>Self Discovery, Self Healing, Self Love, a continuation series of The Untethered Soul @ 4:00p - 5:00p with Iman and Baljit</p>	<p>Self-Compassion @ 11:00a – 12:30p with Brenda and Nancy</p> <p>Borderline Personality Disorder Peer Support (BIWEEKLY) @ 1:00p - 2:30p with Meghan (December 1 & 15; NO GROUP on the 29th)</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 @ 7:00p – 8:00p with Maureen (December 8th)</p>	<p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Journey to Recovery Strategy Toolbox @12:00p- 1:30p with Farah</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Brenda</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p - 2:30p with Jasmina and Nick</p> <p>Bipolar Disorder Peer Support Group @ 7:00p – 9:00p with Maynard and 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 Danah & Colene</p> <p>Substance Use & Recovery Focus (SURF) @ 3:00p - 4:30p with Krista and Farah</p>
December 20- 31 - No groups December 24, 27, & 31				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Good Mindful Morning @ 10:30a -11:30a with Jasmina (December 20th)</p> <p>Resiliency NOW @ 10:30a – 12:00p with Lisa and Nancy (December 20th)</p> <p>Winter Self Care (3 part workshop) @ 1:30p – 3:30p with Colene</p> <p>Parting Ways @ 2:00p– 3:00p with Brenda (December 20th)</p>	<p>Exploring Spirituality in Recovery @ 10:00a - 11:00a with Nick and Jasmina (December 21st, 28th)</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p - 3:00p with Daniel and Brenda (December 21st)</p> <p>Anxiety, Depression and Hope Peer Support @ 7:00p – 8:30p with Farah</p>	<p>Self-Compassion @ 11:00a – 12:30p with Brenda and Nancy (December 22nd)</p> <p>Mindfulness @ 1:00p - 2:00p with Danah and Colene</p> <p>Destressifying @ 3:00p - 4:00p with Jasmina (December 22nd, 29th)</p> <p>Families with Missing Loved Ones @ 7:00p – 8:00p with Maureen (December 22nd)</p>	<p>Anxiety, Depression and Hope Peer Support @ 1:30p - 2:30p with Jasmina and Nick (December 23rd, 30th)</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Brenda/Colene (December 23rd, 30th)</p> <p>Bipolar Disorder Peer Support Group @ 7:00p - 9:00p with Maynard and Brenda (December 23rd)</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.

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>. and change the outgoing message on our Group Cancellation line at 1-844-CMHA WW3 (1-844-264-2993) extension 4004.

Enrolled Support Groups: December 2021

Recovery Learning Groups

Check out our [podcast archive!](#)

Visit us at www.cmhawwselfhelp.ca

No Recovery Learning Groups Dec 20 – 31				
Monday	Tuesday	Wednesday	Thursday	Friday
Mind Over Mood Peer Support @ 3:00p - 4:30p with Meghan and Lawrence Full until March 2022		Riding the Waves of Emotion @ 2:00p – 3:30p with Brenda and Katrina begins Sept 8 th – Dec 22 nd (16 weeks) Capacity: 12 - FULL	DBT Peer Support Skills Refresher** @ 1:00p - 2:30p with Meghan and Lawrence NO GROUP DECEMBER 23 or 30 DBT Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. NO GROUP DECEMBER 23 or 30	DBT Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. NO GROUP DECEMBER 24 or 31

**Current DBT Peer Support series and waitlists are full. Next availability is 2023. We'll post on a future calendar if this changes

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.

Spark of Brilliance Groups with Marcey Gray

Monday	Tuesday	Wednesday	Thursday	Friday
Book of Me: Holiday Edition – Monday December 13 from 1:30p - 3:30p To the Letter: Christmas Edition – Monday December 20 from 1:30p - 3:30p	The Gift of Gratitude – Tuesday December 7 from 1:30p - 3:30p	Nourishing Bed Yoga – Wednesday December 15 from 10:30a - 12:15p	Writing for Inner Calm: A Mindset – Thursday December 9 from 1:30p - 4:00p	Write Brain Word Play – Friday December 3 from 1:30p - 3:30p

To register, send your workshop selections to Marcey Gray at mgray@cmhaww.ca
 Spaces are available on a first come, first served basis. **Enrollment in the program is required for participation.**

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.

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> and change the outgoing message on our Group Cancellation line at 1-844-CMHA WW3 (1-844-264-2993) extension 4004.

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 – (BIWEEKLY)
Join us in supporting each other with compassion, through common experiences. Sharing information, validation, and hope. You do not need a formal diagnosis to attend.

Book of Me: Holiday Edition - Get introspective and add some holiday memories to your Book of Me memoir. Recall and share your fondest holiday or winter memories, past, present, and future.

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 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 as we support each other, exploring and finding new ways of coping and even thriving with our pain.

DBT Peer Support - Join us in learning how Dialectical Behaviour Therapy (DBT) skills, as presented in Dr. Marsha M. Linehan’s work, can transform emotional experiences and decrease our suffering, using mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. Summaries of the ideas are 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 closed group for those who have completed our Self Help & Peer Support DBT Peer Support series. An opportunity to meet and support each other in fine-tuning our 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 drop-in, and you can join any time.

Mental Health & Wellness Skills – This group emphasizes practical skills and strategies for maintaining our recovery journey and enhancing our Wellness. The group is a collection of the skills learned in other groups and provides opportunities to put those skills into practice. The group’s content is led by the members of the 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 the disappointments of the past.

Mind Over Mood Peer Support – Based on the classic book, *Mind Over Mood*, by Dennis Greenberger and Christine A. Padesky, based on Cognitive Behaviour Therapy (CBT), join us to explore how CBT can be helpful in relation to depression, anxiety, anger, and shame. Summaries of each chapter are provided by e-mail. Although not necessary, participants may wish to purchase their own copy of the book (we use the 2nd Edition) through their local or online bookseller.

Nourishing Bed Yoga – This session with Sasha Heath, is a gentle yoga class that can be done on a yoga mat or even from the comfort of your own bed! It is the perfect session to do first thing in the morning to start your day right. It features a selection of poses to help bring flexibility through the hips and hamstrings and as well as a few twists so that you feel nourished from the inside out. To reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk.

Parting Ways - Are you experiencing the end of a relationship, breakup, 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 walking 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.
Two weekly sessions, choose one to attend regularly.

Self Discovery, Self Healing, Self Love – 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.

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

The Gift of Gratitude – Give some loved ones the gift of gratitude this year by writing letters that express your appreciation and love for them. What a great gift to give!

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.

To the Letter: Christmas Edition –In this Christmas edition of To the Letter, **we will be recreating the holiday typography seen above**, as well as another simple Christmas scroll. For this workshop, you can use whatever supplies you have at home - you just need a piece of paper, and any markers, pens, or pencils you have on hand.

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

Winter Self Care – This special *3-part series* will provide 6 hours of strategies, tools, and support around dealing with conflicts with others, recognizing and managing our moods, recognizing, and getting our needs met in respectful ways, spending the holidays alone, and dealing with the stresses the holiday season brings. Pull up a chair and a mug of your favourite warm beverage and join us.

Write Brain Word Play - Join us for a special Christmas Edition of Write Brain Word Play! Grab a pen and a piece of paper, write some creative stories from themed prompts, and share some laughs.

Writing for Inner Calm: A Mindset - "This isn't just a class that you take, it's a way of life that you're embarking on." Best-selling author and memoirist Dani Shapiro invites you into her home to discover what it truly means to cultivate the life of a writer. Whether you've set a goal to get published or are simply looking for a creative outlet, writing can be a healing ritual for all of us. With a calming mindset and easy methods that Dani uses herself, you'll learn how to care for your gift, honour your need for self-expression, and create a lifelong, sustainable relationship with writing.

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.

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)