

Drop-in Support Groups: January 2022

Drop-In Self Help & Peer Support Groups

Listen to our [podcast archive!](#)

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 and Nancy</p> <p>Freedom @ 10:30a – 12p with Kass and Farah</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 – 7:30p with Kass</p> <p>NEW DAY & TIME Journey to Recovery Strategy Toolbox @ 6:00p - 7:30p 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 & Hope Peer Support @ 1:30p - 3:00p with Daniel and Brenda</p> <p>Self-Discovery, Self-Healing, Self-Love, a Continuation of The Untethered Soul @ 2:30p - 4:00p with Iman and Baljit</p> <p>Anxiety, Depression & Hope Peer Support @ 7:00p - 8:30p with Farah</p> <p>NEW GROUP Addiction. Full Circle. @ 7:30p-8:30p with Tonya</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 Kass (January 5 and 19)</p> <p>Mindful Relationships @ 1:00p – 2:00p with Danah & Colene</p> <p>Anxiety, Depression & Hope Peer Support @ 1:30p- 3:00p with Lawrence</p> <p>Destressifying @ 3:00p - 4:00p with Jasmina</p> <p>Coping with a Missing Person @ 7:00p – 8:00p with Maureen (January 5 & 19)</p>	<p>No groups 1:00-5:00 PM January 13</p> <p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Brenda</p> <p>Anxiety, Depression & Hope Peer Support @ 1:30p- 2:30p with Nick and Jasmina</p> <p>NEW GROUP Breathing with the Body @ 3:00p - 4:00p with Tonya</p> <p>NEW GROUP South Asian Wellness Group @ 3:00p - 4:30p with Iman</p> <p>Bipolar Disorder Peer Support Group @ 7:00p – 9:00p with Maynard and Brenda</p>	<p>No groups Friday January 14</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</p> <p>Self Esteem @ 1:30p - 3:00p with Kass and Nancy</p> <p>Substance Use & Recovery Focus (SURF) @ 3:00p - 4:30 p with Farah and Krista</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: January 2022

Recovery Learning Groups

Listen to our [podcast archive!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
Mind Over Mood Peer Support @ 3:00p- 4:30p with Meghan or Lawrence (<u>full until March 2022</u>)	NEW GROUP Being Effective: The 7 Habits @ 1:00p – 3:00p with Colene (8 weeks: January 11 th -March 1 st)	Riding the Waves of Emotion @ 2:00p – 3:30p with Brenda and Katrina Sept 15 th – Jan 26 th (16 weeks) Capacity: 12 – (<u>full until February 2022</u>)	CANCELLED JANUARY 13 DBT Skills Peer Support Skills Refresher** @ 1:00p - 2:30 p with Meghan and Lawrence DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. <i>**Current DBT Peer Support series and waitlists are full. Next availability is 2023. We'll post on a future calendar if this changes.</i>	CANCELLED JANUARY 14 DBT Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. <i>**Current DBT Peer Support series and waitlists 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
Ultimate Guide to Watercolour for Beginners – Mondays, January 3 - 31 @ 1:30p - 3:30p	Mapping Life – Tuesday, January 11, 18, & 25 @ 1:30p - 3:30p	Book of Me – January 5 & 19 @ 1:30p - 3:30p	To the Letter – January 20 @ 1:30p - 3:30p Collage Calendar – January 6 @ 1:30p - 3:30p Illustrated Journaling – January 27 @ 1:30p - 3:30p	

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.

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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](#)

Addiction. Full Circle. - A non-judgemental space to discuss wellness approaches related to addictions and mental health. We strive to create an environment that is inclusive of all wellness strategies, spiritual practices, and political ideologies. The aim is to stimulate open discussion related to individual personal journeys. We understand and appreciate there are many paths to wellness/recovery and what works for one may not work for another. Harm reduction friendly.

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.

Being Effective: The 7 Habits – A special 8-part series based on the acclaimed book “The 7 Habits of Highly Effective People” by Stephen F. Covey, we will explore each of the 7 Habits in detail, including how to implement the 7 Habits in a mental health context. Full of discussion, brainstorming, and practical practice, this series will focus on putting the 7 Habits into practice to be more effective in our lives and relationships. Begins January 11, 2022 and ends on March 1, 2022.

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 non-judgemental 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 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.

Breathing with the Body - Join us as we practice relaxation through breath work and light stretching. It is proven that focusing on breath and breathing through movement decreases stress and increases focus and overall wellness. This group is open to anyone wanting to slow down and relax while honoring your body and freeing stress.

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.

Coping with a Missing Person - This group is for families and friends who have a missing person and those who have found their missing but wish to continue to support each other. Know that it’s the situation that is abnormal, not you. You will learn about living with uncertainty (Ambiguous Loss, Pauline Boss) and how to deal with triggers, roadblocks and changing needs. Self care is an important aspect. There can be special events to remember our missing, based on group wishes. Through sharing our experiences, we can learn from each another in a safe space and feel connected instead of isolated.

DBT Skills 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 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.

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.

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. Learning 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 or mental 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.

Mindful Relationships - Develop a more compassionate, friendly relationship with ourselves and others. We can enhance intimacy, connection, and empathy in our relationships. By creating authenticity in our relationships, we can work effectively with families, friends, and co-workers. Based on the book "Mindful Relationships" by Dr. Richard Chambers & Margie Ulbrick.

Guelph (519) 763-4014

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.

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.

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 opportunities for activities and discussions surrounding how to be kinder to ourselves. A photocopy of each chapter is provided by email. Although not necessary, participants may also wish to purchase the book through their local or online bookseller. Two sessions each week. *Please choose one to attend on a regular basis.*

Cambridge (519) 623-6024

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 do not define you.

Self-Esteem - 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. This group offers honest discussions, tips, strategies, and validation for the difficulty that self-esteem brings.

South Asian Wellness Group - With a South Asian Peer Facilitator fluent in Punjabi, Hindi and Urdu, this group will focus on coping, recovery, and fostering hope from a South Asian lens. This group is a regular opportunity to talk about how we deal with stress and worry, to share our stories of hope and struggle, and learn ways for living the life we want every day.

Substance Use & Recovery Focus (SURF) - An open discussion, harm reduction-focused, substance use and addictions peer support group. 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.

Kitchener (519) 570-4595

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 Groups

To register, email Marcey Gray at mgray@cmhaww.ca. Spaces are available on a first come, first served basis. Enrollment in Spark of Brilliance is required for participation. Login information will be provided one day in advance of each workshop.

Book of Me - 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.

Collage Calendar - Collage Calendar is the perfect project to get you ready for a creative new year! In this workshop, you will create 2 reversible hanging calendars (6 months on each side) and collage a design. We will bind them together and hang them on a wooden spoon to make the perfect kitchen calendar. This is the perfect opportunity to use all the cool collage papers you have been collecting at home or request a supply kit with lots of papers to choose from. Are you ready to start the year with a creative bang?

Illustrated Journaling - 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!

Mapping Life - What if maps could not only chart the boundaries of our world, but also of our mind, our imagination, our emotions? In this three-part series, get ready to explore your own journey, and tell your story through beautifully illustrated maps! We all feel a bit lost sometimes... that's why borrowing the codes and symbols of cartography to find (or redefine) ourselves can be incredibly useful! But how do we get there? Whether you are in need of re-assessing boundaries, keen to map-out your emotions on paper, or simply ready to celebrate your own journey. Follow illustrator (and cartography nerd) Amandine Thomas as she shares, step by step, her method to: explore your inner-world through the lens of cartography; use map-drawing as a powerful, introspective storytelling tool; create a thoughtful, unique illustrated map, in your own style; and learn some map-drawing techniques that will allow you to design any map, from scratch! All you need is your favourite drawing tool an eagerness to explore, and a dash of creativity!

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 watercolor paint, watercolor paper, and a permanent marker. If you do not have access to these supplies, please make note of that in your registration request and supplies maybe provided for you!

Ultimate Guide to Watercolor for Beginners - With the help of Skillshare and artist Geethu Chandramohan, we will spend five weeks learning the ins and outs of watercolor. Supplies required are: watercolor paint, watercolor paper, and paintbrushes. Please mention in your registration if you require any supplies. Registration deadline is December 29.

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)