

## Drop-in Support Groups: May 2022

**Drop-In Self Help & Peer Support Groups**

[Listen to our podcast!](#)

[Visit us at www.cmhawwselfhelp.ca](http://www.cmhawwselfhelp.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
** No Groups May 23 **			**No afternoon groups on May 12**	
<b>Good Mindful Morning</b> 10:30a – 11:30a with Jasmina  <b>Resiliency NOW</b> 10:30a – 12:00p with Denise & Nancy  <b>Chronic Pain &amp; Mental Health Peer Support</b> 1:00p – 2:30p with Meghan  <b>Parting Ways</b> 2:00p – 3:00p with Brenda & Katie  <b>FreEDom</b> 3:00p-4:30p with Kass & Farah  <b>Supporting the Supporter</b> 6:00p – 7:30p with Kass	<b>Exploring Spirituality in Recovery</b> 11:00a – 12:00p with Nick & Jasmina  <b>Buried in Treasures Peer Support</b> 1:00p – 2:30p with Meghan  <b>I'm the Angry One</b> 1:00p – 2:30p with Denise & Katie  <b>Anxiety, Depression &amp; Hope Peer Support</b> 1:30p – 3:00p with Daniel & Brenda  <b>Anxiety Depression &amp; Hope Peer Support</b> 7:00p – 8:30p with Farah  <b>Addiction. Full Circle.</b> 7:30p – 8:30p with Tonya	<b>Self-Compassion</b> 11:00a – 12:30p with Nancy & Brenda  <b>Mindful Relationships</b> 1:00p – 2:00p with Spirit & Denise  <b>NEW GROUP Obsessions</b> 1:30p – 2:30pm with Katie  <b>Anxiety, Depression and Hope Peer Support</b> 1:30p – 3:00p with Lawrence  <b>Borderline Personality Disorder Peer Support -</b> 2:30p – 4:00p with Denise  <b>Destressifying</b> 3:00p – 4:00p with Jasmina  <b>Coping with a Missing Person</b> 7:00p – 8:00p with Maureen (May 11 & 25)	<b>Self-Compassion</b> 10:30a -12:00p with Meghan  <b>Help for the Hurting Heart</b> 1:00p – 2:30p with Farah/Brenda  <b>Walk &amp; Talk</b> 1:30p – 2:30p @ Royal City Park with Tonya  <b>Breathing with the Body</b> 3:30p – 4:30p with Tonya  <b>Anxiety, Depression &amp; Hope Peer Support</b> 1:30p – 2:30p with Nick & Jasmina  <b>South Asian Wellness Group</b> 6:00p - 7:30p with Iman  <b>Bump In the Road</b> 6:30p – 7:30p with Denise  <b>Bipolar Disorder Peer Support Group</b> 7:00p – 9:00p with Maynard & Brenda  <b>The URGE</b> 7:30p – 8:30p with Denise	<b>The Connection Reflexion</b> 10:00a – 11:30a with Denise  <b>Cambridge Walking Group</b> 11:00a – 12:00p with Kass  <b>Zentangle</b> 11:30a – 12:30p with Cindy & Jasmina  <b>Boundaries &amp; Assertiveness</b> 1:00p – 2:00p with Jasmina  <b>Mental Health &amp; Wellness Skills</b> 1:00p – 2:00p with Colene & Hillary  <b>Self Esteem</b> 1:30p – 3:00p with Kass & Nancy  <b>Substance Use and Recovery Focus Group</b> 3:00p – 4:30p with Krista & Farah

**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. Details to join, unless otherwise indicated, are below, with each group description.

**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: May 2022

### Recovery Learning Groups

[Listen to our podcast!](#)

[Visit us at www.cmhawwselfhelp.ca](http://www.cmhawwselfhelp.ca)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mind Over Mood Peer Support</b> 3:00p – 4:30p with Meghan or Lawrence <b>FULL until Fall 2022.</b></p>		<p><b>Riding the Waves of Emotion</b> 2:00p – 3:30p with Katrina &amp; Brenda. For 16 weeks starting March 9, 2022. Group capacity: 12 - <b>FULL</b></p>	<p><b>DBT Peer Support</b> 3:00p – 4:30p with Meghan &amp; Lawrence.</p> <p><i>**Current DBT Peer Support series and waitlists are <b>FULL</b>. Next availability is 2023. We'll post on a future calendar if this changes.</i></p> <p><b>Volunteer Facilitator's Training</b> 3:00p – 5:00p by Staff -<b>May 26</b></p>	<p><b>DBT Peer Support @ 3:00p – 4:30p</b> with Meghan &amp; Lawrence.</p> <p><i>**Current DBT Peer Support series and waitlists are <b>FULL</b>. Next availability is 2023. We'll post on a future calendar if this changes.</i></p>

### Spark of Brilliance Groups with Marcey Gray

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>What's Your Story</b> – May 2 &amp; 16 from 1:30p – 3:30p</p> <p><b>Yes, You Can Draw</b> – May 30 from 1:30p – 3:30p</p>	<p><b>Illustrated Journaling</b> – May 10 from 1:30p – 3:30p</p> <p><b>To the Letter</b> - May 24 from 1:30p – 3:30p</p> <p><b>The Busy Creative</b> – May 31 from 1:30p – 3:30p</p>	<p><b>Expressing Empathy Through Art</b> – May 3 from 1:30p – 3:30p</p>		

**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](mailto:selfhelpgroup@cmhaww.ca) letting us know which group you would like to register for.

**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.

# Group Descriptions

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

*Due to an increasing frequency of participants having trouble using several of our “drop-in” group links, we have created a new set of links and telephone connection details for you to use. the week of April 11, onward.* To connect to a group, find your group of interest on the list and follow the instructions to join in.

*If you have questions, or to join one of our “Recovery Learning” (aka “Enrolled”) groups or one of our Spark of Brilliance groups, please email [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca) or call one of our sites: Guelph (519) 763-4014 Cambridge (519) 623-6024 Kitchener (519) 570-4595.*

**AN IMPORTANT NOTE ABOUT GROUP CANCELLATIONS:** In the event that we need to cancel a session, we will post to our Facebook page. <https://www.facebook.com/selfhelppeersupport> and will also change the outgoing message on our Group Cancellation line at 1-844-CMHA WW3 (1-844-264-2993) extension 4004. Planned cancellations are noted in the calendar, where applicable.

**Addiction. Full Circle.** - A non-judgemental space to discuss wellness approaches related to addiction. We strive to create an environment that is inclusive of all wellness strategies, spiritual practices, and understandings of addiction. 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 and focused on the experiences of people who use drugs.

*For connection details, please email facilitator Tonya at [tevens@cmhaww.ca](mailto:tevens@cmhaww.ca)*

## **Anxiety, Depression & Hope Peer Support – 4 Sessions per Week**

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.

### **Tuesdays, 1:30 – 3:00pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 663 157 683#

### **Tuesdays, 7:00 – 8:30pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 251 779 988#

### **Wednesdays, 1:30 – 3:00pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the directions to enter the Phone Conference ID number, also below. Staff facilitator email

Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 316 410 190#

### **Thursdays, 1:30 – 2:30pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 669 679 405#

**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.

### **Thursdays, 7:00 – 9:00pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free

1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 235 186 683#

**Borderline Personality Disorder Peer Support** - 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.

### **Wednesdays, 2:30 – 4:00pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 702 277 718#

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

### **Fridays, 1:00 – 2:00pm**

To join by video, click on the phrase “Click here to join the meeting”, below. To join by telephone only, call the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:(833)819-8075) Canada (Toll-free)

Phone Conference ID: 492 863 726#

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**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.

**Thursdays, 3:30 – 4:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff Facilitator email Tonya at [tevens@cmhaww.ca](mailto:tevens@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 773 575 254#

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**Bump In the Road** - Have you made a change in your behaviour and now are wondering how to maintain that change? Join us in this peer support forum to discuss topics on how to divert that “Bump in the Road”. Topics include stages of change, language and its impact, HALT, play the tape through, and many others.

**Thursdays, 6:30 – 7:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Denise at [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 321 245 123#

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**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”.

For connection details, please email facilitator Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca)

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**Cambridge Walking Group** - Join us at the Cambridge office for a one hour walk and talk weekly (weather permitting). Please remember to complete a covid questionnaire prior to walking and to wear your mask while attending. Have questions? connect with Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

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**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.

**Mondays, 1:00 – 2:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075),[485925888#](tel:485925888) Canada (Toll-free)  
Phone Conference ID: 485 925 888#

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**(The) Connection Reflexion** - Are you struggling with being dissatisfied with your connections in your life? Are you wondering why you have challenges with intimacy, jealousy, and distrust? Do you worry about rejection and abandonment? Join us to take a closer look at why we develop these and other patterns and arm ourselves with effective tools and strategies that will prepare us to explore the possibility of change. Let’s explore an active approach to building close, healthy, and long-lasting connections.

**Fridays, 10:00 – 11:30am**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Denise at [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 261 643 236#

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**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 other in a safe space and feel connected instead of isolated.

**Every other Wednesday, 7:00 – 8:00pm**

For connection details, please email volunteer facilitator Maureen at [trasker@rogers.com](mailto:trasker@rogers.com) or staff facilitator Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca) or call Brenda at (519) 570-4595 extension 4061.

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**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 email. 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.*

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**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.

**Wednesdays, 3:00 – 4:00pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 446 019 672#

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**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.

**Tuesdays, -New Time as of APRIL 5- 11:00am – 12noon**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)  
[Click here to join the meeting](#)  
[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 741 364 7#

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**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.

**Mondays, 3:00 – 4:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)  
[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)  
Phone Conference ID: 303 646 267#

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**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.

**Mondays, 10:30 – 11:30am**

To join by video, click on the phrase “click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 535 107 838#

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**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.

**Thursdays, 1:00 – 2:30pm**

To join by video, click on the phrase “click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 457 730 624#

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**Coming in June! - NEW GROUP Identity – Building a Sense of Self**

Join as we walk through a journey of self-discovery. The six sessions will focus on how identity is formed and how we can begin to find ourselves. Do you feel like you have lost your identity? Do you desire a shift and want a new sense of self? This group will include educational content, discussions, and activities. So, grab your notebook and get ready to dig deep!

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Guelph (519) 763-4014

**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.

**Tuesdays, 1:00 – 2:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 106 756 019#

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**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.

**Fridays, 1:00 – 2:00pm**

To join by video, click on the phrase “click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff Facilitator email

Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 383 190 929#

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**Mindful Relationships (formerly Mindfulness)** - Develop a more compassionate, friendly relationship with yourself 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.

**Wednesdays, 1:00 – 2:00pm**

To join by video, click on the phrase “click here to join the meeting,” below. To join by phone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 855 696 345#

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Cambridge (519) 623-6024

**Obsessions** - Have you found yourself experiencing unwanted thoughts, fears and anxieties that have led to obsessive, compulsive, or even repetitive behaviors? Are you looking for others who may understand? If so, this peer support group may be for you, grounded in a non-judgmental atmosphere we can share, learn and grow with each other.

Email [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca) for more information.

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**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.

**Mondays, 2:00 – 3:00pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email

Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 661 353 972#

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**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.

**Mondays, 10:30am- 12noon**

To join by video, click on the phrase “click here to join the meeting,” below. To join by phone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Denise at

[dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 871 382 292#

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**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.

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**Self-Compassion** - This workbook-based group on The Mindful Self Compassion Workbook, by Kristen Neff and Christopher Germer gives opportunities for activities and discussions on 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.

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Kitchener (519) 570-4595

*Please attend either the Wednesday OR Thursday session.*

**Wednesdays, 11:00am – 12:30pm**

*Please email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca) to have your email added to the group list to receive group material.*

To join by video, click on the phrase “click here to join the meeting,” below. To join by phone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 999 790 378#

**Thursdays, 10:30 – 12noon**

*Please email Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca) to have your email added to the group list to receive group material.*

To join by video, click on the phrase “click here to join the meeting,” below. To join by phone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 891 879 398#

**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.

**Fridays, 1:30 – 3:00pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 387 654 2#

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**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.

**Thursdays, 6:00 – 7:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in

the Phone Conference ID, also below. Staff facilitator email Iman at [igrewal@cmhaww.ca](mailto:igrewal@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 225 652 294#

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**Substance Use and Recovery Focus** - 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.

*For connection details, please email facilitator Farah at*

[flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)

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**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.

**Mondays, 6:00 – 7:00pm**

To join by video, click on the phrase “click here to join the meeting,” below. To join by phone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 674 729 488#

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**The URGE** – This is a peer support group for individuals who have made a change in their substance use and are looking for support on how to maintain these changes. Topics will include understanding the stages of change, Cravings, language and its impacts, boredom, isolation, and many more. As with all our other substance use groups, this group will be from the lens of harm reduction.

**Thursdays, 7:45 – 8:45pm**

*For connection details, please email facilitator Denise at*

[dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

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

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**Walk & Talk** (in-person, in 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 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.

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**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.

**Fridays, 11:30am – 12:30pm**

To join by video, click on the phrase “Click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Jasmina at [jzlatanovic@cmhaww.ca](mailto:jzlatanovic@cmhaww.ca)

[Click here to join the meeting](#)

[\(833\) 819-8075](tel:8338198075) Canada (Toll-free)

Phone Conference ID: 764 446 852#

## Spark of Brilliance Groups

**To register, email Marcey Gray at [mgray@cmhaww.ca](mailto: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. Supply kits are available at no cost for select workshops on a first come, first served basis for those that require them. For workshops requiring supplies, please register before 5 p.m. on the date specified in the description. If you have your own supplies, you may register any time while spaces are still available.

**100 Watercolour Challenge** – During this art challenge series, we will be painting 100 small watercolour paintings over 10 weeks. Through these workshops we will also be practicing brush control and wet onto dry watercolor techniques. However, you are welcome to experiment with other media and add changes to the paintings as we go along. This workshop is being made possible through the help of Skillshare and artist, Irina Trzaskos. To receive a supply kit, please register by April 27 at 5 p.m. Space is limited to 15 participants. Wednesdays, May 4 through June 22.

**Expressing Empathy Through Art** - To honour this year's Mental Health Week this workshop will focus on Empathy. During the workshop we will discuss the differences between empathy and sympathy and create a painting that evokes empathy from the audience and/or expresses a personal empathetic experience. All styles of painting are welcome, no experience necessary. Supplies are available by request at no cost to participants. Space is limited to 15 participants. Register on or before April 27 at 5 p.m. to reserve your space and supply kit, by emailing Marcey Gray at [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca).

**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 will 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 tools you have lying around), scrap paper, and time set aside each month to support our mental health and creative wells! In Progress – During this workshop we will gather to work on projects in progress, offer each other encouragement and support to work through challenges blocking our creativity and motivation, and share newly accomplished pieces.

**The Busy Creative** – Have you ever found yourself being so busy that creativity just has to take the backseat? If you barely have time to pick-up a pen, can you carve-out some creative time for yourself? The answer is yes, with these bite-size drawing exercises! Don't worry, whether you are struggling with work-life balance or wrangling a toddler or two, illustrator, art director (and new mum) Amandine Thomas (along with Skillshare), will help you build a creative routine from scratch. With quick exercises that will easily slot into your busy schedule, putting aside a few minutes every day just to be creative won't be as hard as you think! Not convinced yet? Well, here is what you will learn in this class:

- How to get started, even when life gets a bit overwhelming
- How to create space, every day, to reconnect with your creative self
- How to master three easy, quick and practical ways to build a creative routine from scratch

From busy beginners with an urge to draw, to creative pros who just don't have time to make art for themselves anymore, this class is for anyone who would like to use drawing as a quick and easy daily creative practice. All you need to get started is whatever tools you can get your hands on, and just a few minutes of your precious time!

**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. This month, all that is required for supplies are a piece of paper, pencil, eraser, black pen and something to colour with (watercolour, markers, pencil crayons)!

**What's Your Story?** (Previously Book of Me) - Ultimately, we all deserve a story that supports a free mind, light spirit, and courageous heart. A story defined by openness and possibility, strength and self-awareness, confidence, and the fortitude to stand up for what's right – not just for ourselves, but for the world. A story that assures us, in our final hours, that we have lived the best version of ourselves. Join us monthly, writing to prompts that will help us unbind ourselves from the stories of who we once were and sets us on a path of who we are becoming.

**Yes, You Can Draw!** - Reconnect with your creative potential and boost your self-confidence, with a series of fun drawing exercises taught by award-winning illustrator Amandine Thomas, through Skillshare! So, you loved to draw as a kid, but have since become self-conscious? Follow Amandine as she takes us

through four easy drawing exercises, designed to help you reconnect with your creative, imaginative, fearless younger self. In this workshop, you'll not only loosen-up and have fun (just like when you were a kid), but you will also learn how to:

- Go back to basics, with helpful tips you can apply to your own drawing practice
- Stop feeling self-conscious, by redefining what makes a "good drawing"
- Identify your strengths and use them to develop your own personal style

Throughout the workshop, you will be following Amandine's guidelines to create a series of expressive self-portraits, using the technique of your choice. So, whether you are a complete beginner looking to unlock your artistic potential, or an experienced illustrator keen to keep that creative spark alive, grab your favourite drawing tools and dive in!