


Drop-in Support Groups: September 2022

Drop-In Self Help & Peer Support Groups

Listen to our [podcast!](#)

Visit us at www.cmhawsselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>**No groups September 5**</p> <p>Good Mindful Morning @10:30a – 11:30a with Jasmina</p> <p>Resiliency NOW @ 10:30a – 12:00p with Nancy and Brenda</p> <p>Neurodivergent Peer Support Group @ 10:30a – 12:00p with Katie</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Parting Ways @ 2:00p – 3:30p with Katie</p> <p>Freedom @ 3:00p – 4:30p with Kass</p> <p>Supporting the Supporter @ 6:00p – 7:30p with Kass</p>	<p>Exploring Spirituality in Recovery @11:00a – 12:00p with Nick & Jasmina</p> <p>Games Group @ 12:30p – 2:30p with Rob and John **No group September 13</p> <p>Buried in Treasures Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p – 2:30p with Denise</p> <p>Anxiety, Depression & Hope Peer Support @ 1:30p – 3:00p with Daniel & Katrina</p> <p>I'm the Angry One @ 1:30p – 3:00p with Farah</p> <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Farah</p> <p>Addiction. Full Circle @ 7:30p-8:30p with Tonya</p>	<p>Self-Compassion @ 11:00a – 12:30p with Nancy & Brenda</p> <p>Kitchener Walking Group @11:30a - 12:30p with Farah, Rob, and John</p> <p>Mindful Relationships @ 1:00p to 2:00p with Iman</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p-3:00p with Lawrence</p> <p>Borderline Personality Disorder Peer Support @ 2:30p – 4:00p with D and Denise</p> <p>Destressifying @ 3:00p – 4:00p with Jasmina</p> <p>New day & time*** Afro Caribbean Wellness Group @6:00 p -7:30p with Farah</p> <p>Coping with a Missing Person @ 7:00p – 8:00p with Maureen (Sept 14 & 28)</p>	<p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Bowling @ 11:00a at Towne Bowl with John and Rob</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Farah</p> <p>Anxiety Depression & Hope Peer Support @ 1:30p – 2:30p with Nick and Jasmina</p> <p>Guelph Walk & Talk @ 1:30p-2:30p With Tonya **No group September 29</p> <p>Silver Linings @ 3:00p – 4:00p with Brenda</p> <p>Breathing with the Body @ 3:30p-4:30p with Tonya</p> <p>Bump In the Road @ 6:00p – 7:30p with Hillary and Denise</p> <p>South Asian Wellness Group @ 6:00p to 7:00p with Iman</p> <p>Bipolar Disorder Peer Support Group @ 7:00p – 9:00p with Maynard & Brenda</p> <p>The URGE @ 7:30p – 8:30p with Hillary and Denise</p>	<p>The Connection Reflexion @ 10:00a – 11:30a with Denise</p> <p>Zentangle @ 11:30a – 12:30p with Cindy & Jasmina</p> <p>Meditation @ 11:00a-12:00p with Kass</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>Abstinence Not Required Substance Use Support Group @ 3:00p-4:30p with Krista & Farah</p>

In-Person groups: Groups meeting in-person will have the location indicated in the group description, and will be identified in the calendar with this icon: 

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. The connection details (links and phone codes) for most of our drop-in groups are with the group descriptions, below.

Enrolled Support Groups: September 2022

Recovery Learning Groups

Listen to our [podcast!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mind Over Mood Peer Support @ 3:00p- 4:30p with Meghan or Lawrence <i>FULL until late 2022; check back in October as we are not keeping a waitlist</i></p>		<p>Riding the Waves of Emotion (Sept 14 – Dec 28) @ 2:00p – 3:30p with Katrina & Brenda. Group capacity: 12</p>	<p>Virtual DBT Skills Peer Support Skills Refresher** (September 8 and 22) @ 1:00p - 2:30p with Meghan and Lawrence</p> <p>Virtual 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 are not keeping a waitlist for 2023. We'll post on a future calendar if this changes.</i></p> <p>Volunteer Facilitator's Training @ 2:00p-4:00p By Staff September 29</p>	<p>** 8 Week NEW CREATIVE GROUP** Looming (September 16 – November 4) @ 10:30a-noon Group Capacity: 8</p> <p>Virtual DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. <i>**Current VIRTUAL DBT Peer Support series and waitlists are full. Next availability for the virtual format is 2023. We are not keeping a virtual waitlist for 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>In Progress – September 12 from 1:30p-3:30p</p>	<p>Introduction to Hand building 🧑🏻‍🔧 September 6 from 1:00p-3:00p</p>	<p>Illustrated Journaling – September 7 from 1:30p-3:30p</p>	<p>Acrylics Education Series – September 1 from 1:30p-3:30p</p> <p>What's Your Story? - September 8 from 1:30p-3:30p</p>	<p>Paper Butterflies – September 30 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 letting us know which group you would like to register for.

About 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>. We will also change our Group Cancellation line message at 1-844-CMHA WW3 (1-844-264-2993) ext. 4004.

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

To connect to a “Drop-in” group, find your group of interest on the list of group descriptions below, and follow the instructions to join in.

Group Descriptions

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


Abstinence Not Required Substance Use Support - 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

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


****NEW: Afro Caribbean Wellness Group**- Wednesday @ 6:00p-7:30 p- A peer support group where participants will explore the challenges and strengths of living Black in a predominately white society – relationships, sense of self, work, parenting, mental health, physical health. Group is facilitated by peers from African Caribbean and Black heritage. To join group please email facilitator. Facilitator: Farah - flahens@cmhaww.ca

Anxiety, Depression & Hope Peer Support – 5 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.

1. Tuesdays, 1:30p – 2:30p

In Person – 9 Wellington St., Cambridge 
Staff facilitator email Denise at dwatterson@cmhaww.ca

2. Tuesdays, 1:30p– 3:00p

In Person – 67 King St. E., Kitchener 
Staff facilitator email Brenda at brichard@cmhaww.ca

3. Tuesdays, 7:00p – 8:30p

To join by video, click on the phrase “Click here to join the meeting”, below. or by telephone, 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
[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 251 779 988#

4. Wednesdays, 1:30p – 3:00p

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
[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 316 410 190#

5. Thursdays, 1:30p – 2:30p

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
[Click here to join the meeting](#)
(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, 7:00p – 9:00p**

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
[Click here to join the meeting](#)
(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.

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 Denise dwatterson@cmhaww.ca
[Click here to join the meeting](#)
(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, 1:00p– 2:00p**

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
[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 492 863 726#

Bowling Group -  This group meets every Thursday morning at Towne Bowl (11 Ottawa St. N.). Cost – 1 game - \$5.50 including shoe rental. Join us for fun, social time, & exercise. No registration required. Everyone welcome!

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, 3:30p – 4:30p**

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 Phone Conference ID, also below. Staff Facilitator email Tonya at tevens@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 Canada (Toll-free)

Phone Conference ID: 773 575 254#

Bump In the Road – Have you made a change in your behaviour and now you are wondering how to maintain that change? Come and 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.

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 Denise dwatterson@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 Canada (Toll-free)

Phone Conference ID: 321 245 123#

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*

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, 1:00p – 2:30p**

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

[Click here to join the meeting](#)

(833) 819-8075, 485925888# Canada (Toll-free)

Phone Conference ID: 485 925 888#

(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. 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 Denise dwatterson@cmhaww.ca

[Click here to join the meeting](#)


(833) 819-8075 Canada (Toll-free)


Phone Conference ID: 261 643 236#

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, 7:00p – 8:00p**

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


Virtual and In-person 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. **Spots available for IN PERSON at 9 Wellington Street Cambridge. Email Kass kdivenanzo@cmhaww.ca to register. Current virtual series and waitlists are full. Next availability for the virtual format is 2023. We are not keeping a virtual waitlist for 2023. If this changes, we’ll post on a future calendar.**

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, behaviors and ultimately our relationships.

- **Wednesdays, 3:00p – 4:00p**

In Person – 67 King St. E., Kitchener

Staff facilitator email Jasmina at jzlatanovic@cmhaww.ca

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 @ 11:00a – 12p**

In Person – 67 King St. E., Kitchener

Staff facilitator email Jasmina at jzlatanovic@cmhaww.ca

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, 3:00p – 4:30p**

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

[Click here to join the meeting](#)

(833) 819-8075, 303646267# Canada (Toll-free)

Phone Conference ID: 303 646 267#

Games Group (67 King St. E., Kitchener) -  Come and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level.

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, 10:30a – 11:30a**

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

[Click here to join the meeting](#)

(833) 819-8075 Canada (Toll-free)

Phone Conference ID: 535 107 838#

Guelph Walk & Talk -  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.**

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 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-ifs. 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, 1:00p – 2:30p**

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[Click here to join the meeting](#)

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

Phone Conference ID: 457 730 624#

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 them with more productive new ones.


- **Tuesdays, 1:30p – 3:00p**

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[Click here to join the meeting](#)

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


Phone Conference ID: 106 756 019#

Kitchener Walking Group -  In-person walk & talk group to connect with new people in your community and get support for mental health. Weather permitting, join us at Speaker's Corner in front of 67 King Street E. *Group is cancelled if it's raining. Facilitated by Rob & John & Staff: Farah flahens@cmhaww.ca

****NEW! Looming Group** -  In-person 67 King St East, Kitchener, Room 121.

Come out and learn how to bead on a small loom.

Registration required: please email staff facilitator Lisa at lcousineau@cmhaww.ca if you are interested.

Meditation -  Join peers in person to explore different meditation styles. We will use books, audio, statements and more to meditate weekly. This group is in-person at the Cambridge Self Help and Peer Support Location,

- **Fridays from 11am-12pm**

9 Wellington St., Cambridge

Staff facilitator Kass: kdivenanzo@cmhaww.ca

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.

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[Click here to join the meeting](#)

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

Phone Conference ID: 383 190 929#

Mind Over Mood Peer Support - Participants 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. *FULL until late 2022. We are not keeping a waitlist. Please check back in October.*

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, 1:00p – 2:00p**

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 Iman at igrewal@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 855 696 345#

Neurodivergent Peer Support Group - The definition of Neurodivergent is, differing in mental or neurological function from what is considered typical or normal including mental, social and emotional. Do you struggle to find others who can fully understand the challenges of having both neurodiversity and mental health challenges together? Come join us where we share skills, strategies, support, and experiences that aim to shift stigma, stereotypes and focus on the gifts and needs we have as a collective. This is a safe place to discuss the challenges of neurodiversity and mental health.

- **Mondays, 10:30am – 12:00pm.**

Email staff facilitator Katie Billings for more information @

kbillings@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 966 047 276#

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 navigate the changes by sharing our experiences, supporting each other, and walking similar journeys together.

- **Mondays, 2:00p – 3:30p**

Email staff facilitator Katie Billings for more information at

kbillings@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 661 353 972#

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, 10:30a- 12p**

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

[Click here to join the meeting](#)

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

Phone Conference ID: 871 382 292#

Riding the Waves of Emotion - 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. Enrolled 16 week group. To register, email Facilitator Brenda at brichard@cmhaww.ca

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.

**Please attend either the Wednesday OR Thursday session.*

- **Wednesdays, 11:00a – 12:30p**

Please email Brenda at 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

[Click here to join the meeting](#)

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

Phone Conference ID: 999 790 378#

- **Thursdays, 10:30a – 12p**

Please email Meghan at mshuebrook@cmhaww.ca to have your email added to the group list and 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

[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, 1:30p – 3:00p**

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

[Click here to join the meeting](#)

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

Phone Conference ID: 387 654 2#

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, 6:00p – 7:30p**

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

[Click here to join the meeting](#)

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

Phone Conference ID: 225 652 294#

Silver Linings – This group is for adults 55+ that are experiencing isolation and loneliness. Join other peers as we share our struggles and discuss coping strategies.

- **Thursdays, 3:00p – 4:00p**

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

[Click here to join the meeting](#)

[\(833\) 819-8075,266928449#](tel:8338198075266928449) Canada (Toll-free)

Phone Conference ID: 266 928 449#

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, 6:00p – 7:00p**

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

[Click here to join the meeting](#)

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

Phone Conference ID: 674 729 488#

The URGE – The URGE 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 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.

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 Denise dwatterson@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 341 461 249#

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

[Click here to join the meeting](#)

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

Phone Conference ID: 764 446 852#

Spark of Brilliance Group Descriptions

To register, email Marcey Gray at mgray@cmhaww.ca. This month's deadline for workshops that require supply kits (Botanical Watercolour, Reverse Colouring & Inspiration Deck) is Thursday, August 11. Spaces are available on a first come, first served basis. Enrollment in Spark of Brilliance is required *prior* to registration. Login information or location directions will be provided one day in advance of each workshop.

Acrylics Education Series - Anyone can master acrylic painting with the right skills! In this all-inclusive acrylic painting series, you will learn to achieve a wide range of painting techniques. Gain confidence to create any painting effect, style, and image you desire! Learn from the nation's foremost acrylic expert and international best-selling author of acrylic painting books, including *Acrylic Revolution*. So, sit back and relax while you learn valuable information on your journey to becoming an acrylic pro! And please note, this is an educational series—we will be watching and learning together but we will not be creating anything together during this time.


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. 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, and a black pen!

In Progress - During this workshop we will gather to work on projects In Progress and offer each other encouragement and support to work through challenges blocking our creativity and motivation and share newly accomplished pieces. Bring along whatever you are working on, whatever the medium.

Introduction to Handbuilding - In partnership with the Guelph Enabling Garden and the City of Guelph we will learn to manipulate clay as we master basic handbuilding techniques. Let your creativity flow with simple projects as you discover the potential incorporating natural items into clay. Maximum of 10 people. This workshop will take place in person at Riverside Park in Guelph.

Paper Butterflies* - In this workshop, with the help of Skillshare and artist, Jennifer Laurel Keller, we will review a quick color theory lesson for picking your palette and talk about how to make more sophisticated butterfly shapes, while keeping the inside playful and whimsical. We will also talk about symmetry, contrast, composition, layering, and how to put them together with a strong adhesive that will hold up, even when used alongside wet media such as paints and inks.

What's Your Story? - 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 us, 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.

SAVE THE DATE: Cultivating Confidence through Creativity:  Together, through a variety of in-person, creative activities we will learn how to recognize, appreciate, and accept our strengths and weaknesses; practice self-care; embrace failure; and build positive resilience. By the end of the series, participants can expect to feel more comfortable speaking in groups, have a new or greater appreciation of their abilities, an increased sense of belonging, and of course - confidence. The series will conclude with a final celebration in the New Year. Registration Requirements: Potential participants must: be 18+, be enrolled in Self Help & Peer Support/Spark of Brilliance services prior to registration, have attended three or more groups/workshops within the previous 12 months, be able to use general art tools and supplies independently without additional support or supervision, and complete a short application form. Length of Series: 13, three-hour sessions. Cost: Free to Participants.

Locations:

67 King St. E. Kitchener & 80 Waterloo Ave. Guelph.

Dates:

Kitchener Sessions:

Every Tuesday

October 4—December 27, 1:00p-4:00 p

Guelph Sessions:

Every Wednesday

October 5—December 28, 1:00p-4:00 p

To register for either the Kitchener or Guelph sessions or for more information, please email Spark of Brilliance, Program Coordinator, Marcey Gray at mgray@cmhaww.ca Space is limited to 15 people per series location. Registration will close when all spaces have been filled.