


## Drop-in Support Groups: November 2022

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

Listen to our [podcast!](#)

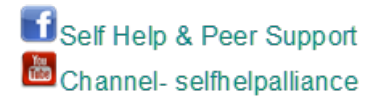
Visit us at [www.cmhawsselfhelp.ca](http://www.cmhawsselfhelp.ca)

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|---|---|
| <p><b>Good Mindful Morning</b> @10:30a – 11:30a with Jasmina</p> <p><b>Resiliency NOW</b> @ 10:30a – 12:00p with Nancy and Brenda</p> <p><b>Neurodivergent Peer Support Group</b> @ 10:30a – 12:00p with Katie</p> <p><b>Chronic Pain &amp; Mental Health Peer Support</b> @ 1:00p – 2:30p with Meghan</p> <p><b>Meditation</b> @ 1:30p-2:30p with Kass (Starting November 14<sup>th</sup>)</p> <p><b>Parting Ways</b> @ 2:00p – 3:30p with Katie</p> <p><b>Supporting the Supporter</b> @ 6:00p – 7:30p with Kass</p> | <p><b>Exploring Spirituality in Recovery</b> @ 11:00a – 12:00p with Nick &amp; Jasmina</p> <p><b>Cambridge Walking Group</b> @ 11:00a-12:00p with Kass</p> <p><b>Games Group</b> @ 12:30p – 2:30p with Rob and John</p> <p><b>Buried in Treasures Peer Support</b> @ 1:00p – 2:30p with Meghan</p> <p><b>Anxiety, Depression and Hope Peer Support</b> @ 1:30p – 2:30p with Denise</p> <p><b>Anxiety, Depression &amp; Hope Peer Support</b> @ 1:30p – 3:00p with Daniel &amp; Katrina</p> <p><b>I'm the Angry One</b> @1:30p – 3:00p with Farah</p> <p><b>Starting Tuesday Nov 8, 2022</b><br/> <b>NEW GROUP</b> In person and virtual<br/> <b>The Magic of Music</b> @ 2:30 – 4:30p with Norm and Denise</p> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 7:00p – 8:30p with Farah</p> <p><b>Addiction. Full Circle</b> @ 7:30p-8:30p with Tonya</p> | <p><b>Self-Compassion</b> @ 11:00a – 12:30p with Nancy &amp; Brenda</p> <p><b>Kitchener Walking Group</b> @11:30a - 12:30p with Farah, Rob, and John</p> <p><b>Anxiety, Depression and Hope Peer Support</b> @ 1:30p-3:00p with Lawrence</p> <p><b>Borderline Personality Disorder Peer Support</b> @ 2:30p – 4:00p with D and Denise</p> <p><b>Destressifying</b> @ 3:00p – 4:00p with Jasmina</p> <p><b>Afro Caribbean Wellness Group</b> @6:00 p-7:30p with Farah</p> <p><b>Coping with a Missing Person</b> @ 7:00p – 8:00p with Maureen (November 9 &amp; 23)</p> | <p><b>Self-Compassion</b> @ 10:30a -12:00p with Meghan</p> <p><b>Bowling</b> @ 11:00a at Towne Bowl with John and Rob</p> <p><b>Help for the Hurting Heart</b> @ 1:00p – 2:30p with Farah</p> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 1:30p – 2:30p with Nick and Jasmina</p> <p><b>Guelph Walk &amp; Talk</b> @ 1:30p-2:30p With Tonya</p> <p><b>Breathing with the Body</b> @ 3:30p-4:30p with Tonya</p> <p><b>Bump In the Road</b> @ 6:00p – 7:30p with Hillary and Denise</p> <p><b>South Asian Wellness Group</b> @ 6:00p to 7:00p with Iman</p> <p><b>Bipolar Disorder Peer Support Group</b> @ 7:00p – 9:00p with Maynard &amp; Brenda</p> <p><b>The URGE</b> @ 7:30p – 8:30p with Hillary and Denise</p> | <p><b>The Connection Reflexion</b> @ 10:00a – 11:30a with Denise</p> <p><b>NEW! Guelph Self Compassion</b> @10:30 - 11:30 am with Pat and Meghan</p> <p><b>Intentional Living</b> @ 11:00a-12:00p with Kass (Starting November 11<sup>th</sup>)</p> <p><b>Zentangle</b> @ 11:30a – 12:30p with Cindy &amp; Jasmina</p> <p><b>Boundaries &amp; Assertiveness</b> @ 1:00p – 2:00p with Jasmina</p> <p><b>Mental Health &amp; Wellness Skills</b> @ 1:00p – 2:00p with Colene</p> <p><b>Self-Esteem</b> @ 1:30p – 3:00p with Kass and Nancy</p> <p><b>Abstinence Not Required Substance Use Support Group</b> @ 3:00p –4:30p with Krista &amp; 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 challenges. 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. *To connect to a "Drop-in" group, find your group of interest on the alphabetical list of group descriptions below, and follow the instructions to join in.*



**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.

## Enrolled Support Groups: November 2022





### Recovery Learning Groups

Listen to our [podcast!](#)

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

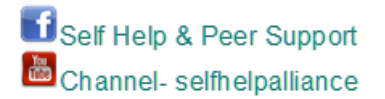
| Monday   | Tuesday | Wednesday   | Thursday   | Friday  |
|--|---------|---|--|---|
| <p>Mind Over Mood Peer Support @ 3:00p- 4:30p with D and Meghan or Lawrence <i>FULL Next series starts in January 2023</i></p> |         | <p>Riding the Waves of Emotion (Sept 14 – Dec 28) @ 2:00p – 3:30p with Katrina &amp; Brenda.<br/><i>FULL Next series starts in January 2023</i></p> | <p>Virtual DBT Skills Peer Support Skills Refresher** (November 3 and 17) @ 1:00p - 2:30p with Meghan and Lawrence</p> <p>Virtual DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence.<br/><i>** Next availability is late 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 @ Time TBD By Staff November 24</p> | <p><b>** 8 Week NEW CREATIVE GROUP** Looming (September 16 – November 4) @ 10:30a-noon Group Capacity: 8 <i>FULL</i></b></p> <p>Virtual DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence.<br/><i>** Next availability for the virtual format is late 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>What's Your Story? - November 7 &amp; 21 from 1:30p-3:30p</p> <p>Acrylic Education Series – November 14 from 1:30p-3:30p</p> <p>Rustic Macrame Trees – November 28 from 1:30p-3:30p @ 67 King St. E. Kitchener. Basement boardroom</p> | <p>Cultivating Confidence through Creativity -  Tuesdays, October through December - 1:00p-4:00p @ 67 King St. E. Kitchener (CLOSED/FULL)</p> | <p>Cultivating Confidence through Creativity -  Wednesdays, October through December - 1:00p-4:00p @ 80 Waterloo Ave. Guelph (CLOSED/FULL)</p> | <p>Illustrated Journaling – November 17 from 1:30p-3:30p</p> <p>Jumpstart Your Sketchbook – November 3 &amp; 10 from 1:30p-3:30p</p> <p>Twine Star Door Décor -  November 24 from 1:30p-3:30 p @ 80 Waterloo Ave, Guelph. Room G04</p> | <p>Wood Plank String Art-  November 4 from 1:30p-3:30 p @ 80 Waterloo Ave, Guelph. Room G04</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.

*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](mailto:selfhelpgroup@cmhaww.ca) or call one of our sites: Guelph (519) 763-4014 Cambridge (519) 623-6024 Kitchener (519) 570-4595.*



**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.

# 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](mailto: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](mailto:tevens@cmhaww.ca)

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

2. **Tuesdays, 1:30p– 3:00p**

**In Person – 67 King St. E., Kitchener** 

Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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 [d watterson@cmhaww.ca](mailto:d watterson@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](mailto: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 [tevans@cmhaww.ca](mailto:tevans@cmhaww.ca)

[Click here to join the meeting](#)

(833) 819-8075 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 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](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

(833) 819-8075 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 (9 Wellington Street)** for a one hour walk and talk weekly (weather permitting). Have questions? connect with Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@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](mailto:mshuebrook@cmhaww.ca)

[Click here to join the meeting](#)

(833) 819-8075, 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.

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](mailto:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

(833) 819-8075 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, 7:00p – 8:00p**

*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.*

**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](mailto:kdivenanzo@cmhaww.ca) to register.** *Current virtual series and waitlists are full. Next availability for the virtual format is late 2023. We are not keeping a waitlist for 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, 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](mailto:jzlatanovic@cmhaww.ca)

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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 @ 11:00a – 12p**

In Person – 67 King St. E., Kitchener

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

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**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.

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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, 10:30a – 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](mailto:jzlatanovic@cmhaww.ca)

[Click here to join the meeting](#)

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

Phone Conference ID: 535 107 838#

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**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.**

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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 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**

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 Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 457 730 624#

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**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**

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 Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 106 756 019#

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**Intentional Living** - 🧑🏿 Living intentionally helps us get clarity, spend our time on only the things that feel good to us, and create the path to becoming our best selves.

- **Fridays, 11:00a-12:00p**

9 Wellington Street, Cambridge  
Questions? Call Kass at 519-623-6024 ext. 4072

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

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**Looming Group** - 🧑🏿 In-person 67 King St East, Kitchener, Room 121. **FULL**

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

**Please email staff facilitator Lisa at [lcousineau@cmhaww.ca](mailto:lcousineau@cmhaww.ca) if you are interested in a future series.**

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**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,

- **Mondays from 1:30p-2:30p**

9 Wellington St., Cambridge  
Staff facilitator Kass: [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

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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.

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 [d watterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 383 190 929#

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**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. Next series will start in January 2023. Email Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca) if interested in joining the next series.**

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**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, 10:30a – 12:00p**

Email staff facilitator Katie Billings for more information @ [kbillings@cmhaww.ca](mailto:kbillings@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 966 047 276#

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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 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](mailto:kbillings@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 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, 10:30a- 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](mailto:brichard@cmhaww.ca)  
[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 871 382 292#

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**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 join a waitlist for the next series in January 2023, email Facilitator Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)**

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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.

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

- **Wednesdays, 11:00a – 12:30p**

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, 10:30a – 12p**


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

[Click here to join the meeting](#)

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

Phone Conference ID: 891 879 398#

- **In Person  Fridays, 10:30 – 11:30 am  
80 Waterloo Ave, Guelph, Room G02**

**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](mailto: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 – 7:00p**

If interested, please email staff facilitator Iman at [jgrewal@cmhaww.ca](mailto:jgrewal@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, 6:00p – 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](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 Magic of Music** -  Join in person at the Cambridge office or virtually to explore how music impacts our wellness. The first hour will be dedicated to learning about how music affects our mental health and a brief meditation with music. When available, we will have a music therapy student from Wilfred Laurier facilitate this portion of the group. The last hour will be dedicated to immersing ourselves by creating music. Bring your own instruments or join in with the instruments provided at the Cambridge office at 9 Wellington St.

- **Tuesdays, 2:30p – 4:30p – Starting November 8, 2022**

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:dwatterson@cmhaww.ca)

[Click here to join the meeting](#)

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

Phone Conference ID: 227 694 613#

**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](mailto:dwatterson@cmhaww.ca)

[Click here to join the meeting](#)

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

Phone Conference ID: 341 461 249#

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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, 11:30a – 12:30p**

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

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 Group Descriptions

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 \*prior\* to registration.

**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.

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**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. **(CLOSED/FULL)**

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**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!

**Jumpstart Your Sketchbook** - Grab your sketchbook (or even looseleaf paper) and your markers and join us for this two-part workshop with artist, author, illustrator, and avid sketchbook-er, Mike Lowery (with the help of Skillshare). He's been keeping a sketchbook for more than TWENTY years, and he's on a mission to get you to keep one, too. By the end of this workshop, you will have seven fun and silly pages worth of new sketches/illustrations to add to your sketchbook collection!

- **Thursdays, November 3 & 10, 2022, 1:30p-3:30p**

All you need for this workshop is some paper and something to draw with!


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**Rustic Macrame Trees** -  Join us as we learn how to make rustic tree ornaments that will add a country feel to your home.

- **Thursday, Nov. 24, 2022, 1:30p-3:30p**  
**67 King St. E. Kitchener, Basement Boardroom**

All supplies provided at no cost to participants. Spaces are available on a first come, first served basis. Max of 10 participants.

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**Twine Star Door Décor** -  Join us as we learn how to make rustic star ornaments that can be hung on your door, your wall, or make a beautiful hand-crafted gift to give to a friend!

- **Thursday, Nov. 24, 2022, 1:30p-3:30p**  
**80 Waterloo Ave. G04 Guelph**

All supplies provided at no cost to participants. Spaces are available on a first come, first served basis. Max of 10 participants.

**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.

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**Wood Plank String Art** -  Using cedar wood planks and embroidery floss, we will create a piece of winter-themed string art.

- **Friday November 4, 2022, from 1:30p-3:30 p**  
**80 Waterloo Ave. G04 Guelph.**

Please bring along a hammer! Please note while most of the workshop will take place indoors, we will be hammering outside, so wear weather-appropriate clothing. Spaces are available on a first come, first served basis. Max of 10 participants.