

Drop-in Support Groups: January 2023

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 January 2</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 *New link, phone code & time @ 10:00a – 12:00p With Katie</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Meghan</p> <p>Meditation @ 1:30p-2:30p with Swapna</p> <p>Parting Ways *New link phone code & time @ 2:00p – 4:00pm With Katie</p> <p>Supporting the Supporter @ 6:00p – 7:30p with Denise</p>	<p>Exploring Spirituality in Recovery @11:00a – 12:00p with Nick & Jasmina</p> <p>Cambridge Walking Group @ 11:00a-12:00p with Swapna</p> <p>Games Group @ 12:30p – 2:30p with Rob and John</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 and Katrina</p> <p>I'm the Angry One @1:00p – 2:30p with Farah</p> <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Farah</p> <p>Celebrating our Enigma: Redefining Addiction @ 7:30p-8:30p with Tonya (<i>formerly Addiction. Full Circle</i>)</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>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 and John O</p> <p>NEW Guelph Anxiety, Depression and Hope Peer Support @3:30p-4:30p With Sonia and Meghan</p> <p>Afro Caribbean Wellness Group @6:00p-7:30p with Farah</p> <p>Coping with a Missing Person @7:00p – 8:00p with Maureen and Cindy (January 4 & 18)</p>	<p>In person and virtual The Magic of Music @ 10:00a – 12:00p with Norm and Denise</p> <p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Bowling @ 11:00a at Kitchener's 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</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 and D</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>Guelph Self Compassion @10:30a - 11:45a with Pat and Meghan</p> <p>Zentangle @ 11:30a – 12:30p with Cindy & Jasmina</p> <p>Boundaries & Assertiveness @ 1:00p – 2:00p with Jasmina</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene</p> <p>Self-Esteem @ 1:30p – 3:00p with Nancy and Brenda</p> <p>Abstinence Not Required Substance Use Support Group @ 3:00p –4:30p with 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 unexpectedly 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: January 2023

Recovery Learning Groups

Listen to our [podcast!](#)

Visit us at www.cmhawsselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mind Over Mood Peer Support @ 3:00p- 4:30p with D and Meghan or Lawrence <i>Next series starts January 9, 2023. Email Meghan at mshuebrook@cmhaws.ca to join</i></p>		<p>Riding the Waves of Emotion @ 2:00p – 3:30p with Katrina & Brenda. <i>Next series starts end of January 2023. Email Brenda at brichard@cmhaws.ca to join</i></p>	<p>DBT Skills Peer Support Skills Refresher** (January 5 and 19) @ 1:00p - 2:30p with Meghan and Lawrence</p> <p>DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. <i>** Current waitlists are full. Next availability is 2024. We are not keeping a waitlist for 2024. We'll post on a future calendar if this changes.</i></p>	<p>DBT Skills Peer Support** @ 3:00p - 4:30p with Meghan and Lawrence. <i>** Current waitlists are full. Next availability is 2024. We are not keeping a waitlist for 2024. 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>Creative Drawing Challenge: Stacked Drawing - January 9 from 1:30p-3:30p</p> <p>What's Your Story? January 16 from 1:30p-3:30p</p> <p>Illustrated Journaling – January 23 from 1:30p-3:30p</p> <p>Find Your Creative Practice Mantra – January 30 from 1:30p-3:30p</p>	<p>What's On Your Plate? Vision Board Workshop 🧑‍🤝‍🧑 – January 10 from 1:30p-3:30p @67 King St. E, Kitchener</p> <p>Botanical Line Drawing – January 17 from 1:30p-3:30p</p> <p>Blackout Poetry 🧑‍🤝‍🧑 – January 24 from 1:30p-3:30p @67 King St. E, Kitchener</p> <p>Relaxing Ocean Doodles – January 31 from 1:30p-3:30p</p>	<p>Blackout Poetry 🧑‍🤝‍🧑 – January 4 from 1:30p-3:30p @ 80 Waterloo Ave. Guelph</p> <p>Drawing For People Who Think They Can't Draw (Part 1) - January 11 from 1:30p-4:00p</p> <p>What's On Your Plate? Vision Board Workshop 🧑‍🤝‍🧑 – January 10 from 1:30p-3:30p @80 Waterloo Ave. Guelph</p> <p>Creative Drawing Challenge: Consistent Lines – January 25 from 1:30p-3:30p</p>	<p>Drawing For People Who Think They Can't Draw (Part 2) - January 12 from 1:30-4:00 p.m.</p> <p>Watercolour for (Recovering) Perfectionists – January 25 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. *If you have questions, or to join one of our "Recovery Learning" groups email selfhelpgroup@cmhaws.ca or call one of our sites. To register for a Spark of Brilliance group, email Marcey at mgray@cmhaws.ca*

About Group Cancellations: Planned cancellations are noted on the above grid. In the event that we need to unexpectedly 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


FORMERLY Addiction. Full Circle- Celebrating our Enigma:

Redefining Addiction - A non-judgemental space to discuss wellness approaches related to substance use. We strive to create an environment that is inclusive of all wellness strategies, spiritual practices, and understandings of substance use. 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 and reducing the stigma that surrounds substance use. For connection details, please email facilitator Tonya at tevens@cmhaww.ca


Afro Caribbean Wellness Group- Wednesday @ 6:00p-7:30p- 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 – 6 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 dwttersen@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. **NEW Wednesdays, 3:30p-4:30p** 

In person –80 Waterloo Ave., Guelph
Staff facilitator email Meghan at mshuebrook@cmhaww.ca

6. **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 dwttersen@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., Kitchener). 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 the 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*

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 Swapna at sviswanathan@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.

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 waitlists are full. Next availability is 2024. We are not keeping a waitlist for 2024. 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 – 12:00p**

In Person – 67 King St. E., Kitchener

Staff facilitator email Jasmina at jzlatanovic@cmhaww.ca

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 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, 1:00p – 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
[Click here to join the meeting](#)
(833) 819-8075 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

Meditation - Join peers in-person to explore different meditation styles. We will use books, audio, statements and more to meditate weekly.

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

In-person: 9 Wellington St., Cambridge 
Staff facilitator Swapna: svswanathan@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.

- **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 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: 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. **Next series will start January 9, 2023. Email Meghan at mshuebrook@cmhaww.ca if interested in joining.**

Neurodivergent Peer Support Group - ****[New link, phone code & time below](#)****

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? I invite you to 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. * Ask for workbook details

- **Mondays: 10:00a – 12:00p**

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. Staff facilitator Katie Billings for more information @ kbillings@cmhaww.ca
[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 226 479 919#

Parting Ways - ****[New link, phone code & time below](#)****

We all experience changes in our relationships, whether it is with friends, family, or partners. Are you experiencing the end of a relationship, breakup, separation, or divorce? Have your relationship dynamics shifted? Is your mental health impacted by these changes? Are you looking for a space to talk about these changes? I invite you to 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 – 4:00p**

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. Staff facilitator Katie Billings for more information @ kbillings@cmhaww.ca
[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 329 458 578#

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- 12:00p**

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 Brenda at brichard@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 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. **Next series starts January 2023, email Facilitator Brenda at brichard@cmhaww.ca to join.**

Self-Compassion - This workbook-based group (*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 digital copy of the workbook is provided by email.

***Please attend either the Wednesday OR Thursday virtual 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 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 Canada (Toll-free)

Phone Conference ID: 891 879 398#

- **In Person  Fridays, 10:30a – 11:45a
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 Brenda at brichard@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 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

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 – 7:30p**

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 d watterson@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 674 729 488#

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.

- **Thursdays, 10:00a – 12:00p**

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 Denise at d watterson@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 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.

- **Thursdays, 7:30p-8:30p**

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 directions to enter the Phone Conference ID number, also below. Staff facilitator email Denise d watterson@cmhaww.ca

[Click here to join the meeting](#)

(833) 819-8075 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, 11:30a – 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

[Click here to join the meeting](#)

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

Phone Conference ID: 764 446 852#

Spark of Brilliance Group Descriptions

To register, email Marcey Gray at mgray@cmhaww.ca. Spaces are available on a first come, first served basis and limited spaces are available for each workshop. Enrollment in Spark of Brilliance is required *prior* to registration. All supplies are provided at no cost to participants. Please see registration deadlines for virtual workshops that require supply kits.

Blackout Poetry 🧑‍🤝‍🧑 In this workshop you will learn how to marry the arts of poetry, drawing, and painting to create blackout poetry. Also referred to as "found poetry," this visual art takes a page from a book, newspaper, or anything with print, and creates from new meaning with careful word selection and black paint. Leave what you want to say and paint everything else - you can even add color and/or designs to make it more visually pleasing. This workshop takes place in person in both Kitchener and Guelph. Please refer to the dates and include your preferred location when signing up!

Botanical Line Drawing: Line drawing is an easy art form featuring illustrative, doodle-like designs. It's used widely among artists of many types with both fine lines and bold lines. In this workshop, you will be introduced to techniques that will assist you in creating beautiful flowers and leaves. You will learn that you can create many styles from the same object depending on the mood you want it to reflect (e.g. simple, textured, intricate, ornate, etc.). You will work off lines and shapes, photographs, pressed flowers and live flowers and leaves!

Creative Drawing Challenge: Stacked Drawing: In this workshop we'll let go of everything we know to allow our creative brain to jump into action and create new possibilities in art! Through this abstract **exercise** you are going to remember how creative you truly are! We are not going to worry about making something beautiful, or impressive, or good enough for social media. We are not going to talk about techniques or how to draw better. Today is about you and your art, and everything in between. I invite you to reconnect with the true artist in you and remember what it feels like to see the world with playful and creative eyes!

Creative Drawing Challenge: Consistent Lines: In this workshop we'll let go of everything we know to allow our creative brain to jump into action and create new possibilities in art! Through this abstract **exercise** you are going to remember how creative you truly are! We are not going to worry about making something beautiful, or impressive, or good enough for social media. We are not going to talk about techniques or how to draw better. Today is about you and your art, and everything in between. I invite you to reconnect with the true artist in you and remember what it feels like to see the world with playful and creative eyes!

Drawing For People Who Think They Can't Draw: Have you ever heard someone say, "I can't even draw a straight line!"? Or maybe you say that about yourself. Well, I've got news for you. Drawing is not about making perfect lines. Drawing is about capturing a moment you want to enjoy later, and you can do that with wiggly lines, curved lines, uncertain lines, or even incomplete lines. **DRAWING IS NOT A TALENT, IT'S A CHOICE!** When you make that choice and grab the pencil, drawing is almost inevitable. Like we did when we were kids. Imagine a kid getting hold of a colored pencil. At that point even the paper is optional. **That kid is going to draw!** Because he is not thinking if his lines are going to be straight or if it's going to look good. He just does it! Do let's do it! Let's draw. Please note this is a two-part workshop.

Find Your Creative Practice Mantra: Words matter. Instead of a New Year's Resolution, let just one word become your guide. I invite you to join in for this playful workshop where we'll explore the process of picking one word as a mantra for your creative practice... and bring it to life in a physical piece of art that can be a reminder to you in the months ahead. This workshop is perfect for anyone who is looking for some playful guidance and enjoys making things. No prior experience needed, just an openness to whimsy and magic.

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!

Watercolour for (Recovering) Perfectionists: This workshop is focused on shifting our mindset away from perfectionism and toward self-compassion, our workshop project is all about the process! Each of our seven different exercises, will focus on one limiting belief and the mindset shift to help you overcome it, and then we'll use a simple watercolor exercise to put our new perspective into action.

What's on Your Plate? 🧑‍🤝‍🧑 In this workshop, we are going to put a creative twist on vision boards! We will be creating a collaged collector's plate that represents our hopes for 2023. While all supplies will be provided, please feel free to bring along magazine clippings or other images and words that inspire you! This workshop takes place in person in both Kitchener and Guelph. Please refer to the dates and include your preferred location when signing up!

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.