

Drop-In Support Groups: May 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 MAY 22</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>Cambridge Meditation @ 1:30p-2:30p with Swapna and Kass</p> <p>Parting Ways @ 2:00p – 4:00p with Katie</p> <p>Supporting the Supporter NEW LINK @ 6:00p – 7:30p with Kass</p>	<p>Kitchener Exploring Spirituality in Recovery @ 11:00a – 12:00p with Nick & Jasmina</p> <p>Cambridge Walking Group @ 11:00a-12:00p with Swapna</p> <p>Kitchener Games Group @ 12:30p – 2:30p with Rob and John</p> <p>Buried in Treasures Peer Support @ 1:00p – 2:30p with Meghan NO GROUP MAY 9</p> <p>I'm the Angry One @ 1:00p – 2:30p with Nicole & Farah</p> <p>Cambridge Anxiety, Depression and Hope Peer Support @ 1:30p – 2:30p with Denise</p> <p>Kitchener Anxiety, Depression & Hope Peer Support @ 1:30p – 3:00p with Daniel and Katrina</p> <p>Cambridge Unrushed @ 3:00-4:30p with Kass & Swapna</p> <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Nicole & Farah</p>	<p>Self-Compassion @ 11:00a–12:30p with Nancy & Brenda</p> <p>Kitchener Walking Group @ 11:30a - 12:30p with Farah, Rob, & John</p> <p>NEW GROUP – STARTING MAY 10 Alternate Realities @ 1:30p-3:00p with Katie & Kyle</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>Kitchener Destressifying @ 3:00p – 4:00p with Jasmina & John</p> <p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Meghan NO GROUP MAY 10</p> <p>Afro Caribbean Black Mental Health Support Group @ 6:00p-7:30p with Farah</p> <p>Coping with a Missing Person @ 7:00p – 8:00p with Maureen & Cindy (May 10 & 24)</p> <p>NEW GROUP – STARTING MAY 10 Kitchener Mapping out Mino-Bimaadizwin @ 6:00-7:30p with Lori Gentle Eagle, Isaac Two White Feather, & Katie</p>	<p>Self-Compassion @ 10:30a -12:00p with Meghan</p> <p>Bowling @ 11:00a at Kitchener's Towne Bowl with John & Rob</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Brenda</p> <p>Anxiety Depression & Hope Peer Support @ 1:30p – 2:30p with Nick & 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 & Denise</p> <p>South Asian Wellness Group @ 6:00p to 7:00p with Iman & D</p> <p>Bipolar Disorder Peer Support Group @ 7:00p – 9:00p with Maynard & Gloria</p> <p>The URGE @ 7:30p – 8:30p with Hillary & Denise</p>	<p>The Connection Reflexion @ 10:00a – 11:30a with Denise</p> <p>Guelph Self Compassion @ 10:30a- 11:45a with Meghan</p> <p>Boundaries & Assertiveness @ 1:00p – 2:00p with Jasmina</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene</p> <p>NEW GROUP Guelph Searching for Strength @ 1:30p – 2:30p with Kylie & Tonya</p> <p>Self-Esteem @ 2:00p – 3:30p with Nancy & Kass</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 virtual 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: May 2023

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 D and Meghan or Lawrence FULL until Fall 2023</p>		<p>Riding the Waves of Emotion (March 1 – June 14) @ 2:00p – 3:30p with Katrina & Brenda (FULL) Email Brenda at brichard@cmhaww.ca</p> <p>NEW! Peers for Safer Living @2:00 – 3:30 with Chantelle & Mackenzie. April 19-June 21! Email csayegh@cmhaww.ca to join</p>	<p>DBT Skills Peer Support Skills Refresher (May 4 and 18) @ 1:00p - 2:30p with Meghan and Lawrence</p> <p>DBT Skills Peer Support @ 3:00p - 4:30p with Meghan and Lawrence. FULL until late 2024. We are not keeping a waitlist. We will post on a future calendar if this changes.</p>	<p>DBT Skills Peer Support @ 3:00p - 4:30p with Meghan and Lawrence. FULL until late 2024. We are not keeping a waitlist. We will post on a future calendar if this changes.</p>

Spark of Brilliance Groups with Marcey Gray (email Marcey to join mgray@cmhaww.ca)

Monday (VIRTUAL)	Tuesday (KITCHENER IN PERSON)	Wednesday (GUELPH IN PERSON)	Thursday (VIRTUAL)	Friday
<p>Illustrated Journaling – May 1, from 1:30p-3:30p</p> <p>What's Your Story? – May 8, from 1:30p-3:30p</p> <p>Put On Your Creative Hat – May 15, from 1:30-3:30p</p>	<p>Monochromatic Art - May 2, from 1:30-3:30 p.m.</p> <p>Paint and Plant - May 9, from 1:30-3:30 p.m.</p> <p>Photograph Embroidery - May 16, from 1:30-3:30 p.m.</p> <p>Coherent Quadriptychs - May 23, from 1:30-3:30 p.m.</p>	<p>Nature Inspired Polymer Jewelry – May 3 from 1:30-3:30 p.m.</p> <p>Iris Folding - May 10 from 1:30-3:30 p.m.</p> <p>Nature Cyanotype - May 17 from 1:30-3:30 p.m. (@ GEG)</p> <p>Monochromatic Art - May 24 from 1:30-3:30 p.m.</p>	<p>The Writing Life - May 4 from 3:30-5:00 p.m.</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@cmhaww.ca or call one of our sites. To register for a Spark of Brilliance group, email Marcey at mgray@cmhaww.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

[Click here to join the meeting](#)

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

Phone Conference ID: 272 023 193#

Afro Caribbean Black Mental Health Support Group –

This is a safe place for Afro-Caribbean Black folks to come together to share their feelings and explore their mental health challenges away from the white community. Here you can receive acceptance and support from each other and connect through similar difficulties. Each week we will visit topics such as anxiety, depression, grief, cultural trauma, relationship with food and body images, boundaries, and assertiveness, anger, stress & weight management, self compassion, and self-esteem.

- **Wednesdays 6:00p-7:30p**

To join group please email Farah at flahens@cmhaww.ca

Alternate Realities – **STARTING MAY 10**

Have you ever felt disconnected from reality? Have you experienced thoughts, sensations, or voices that aren't entirely your own? Have you ever been told that your perception of the world may be different from others and that you might be experiencing symptoms related to schizophrenia or psychosis? This group is designed to support individuals who have experienced or currently are experiencing alternate realities. These realities may be troubling or enlightening, they may take away from your day-to-day functioning, or you may be totally comfortable operating within them. In this group we want to discuss all aspects of the alternate realities that we experience and deconstruct the idea of what is "normal." This group is for people who identify as having experienced hallucinations (auditory/visual/tactical), delusions, paranoia, confused or disturbing thoughts and are open to discussing ways to engage in these alternative realities to support wellness. This peer support group is a brave space to discuss these experiences from any perspective that you resonate with, as there are multiple ways to understand experiences of alternate realities. Please join Katie and Kyle as we walk this journey together. For more information, please email either Kyle at kbulstrode@cmhaww.ca or Katie at kbillings@cmhaww.ca

- **Wednesdays 1:30pm – 3:00pm**

[Click here to join the meeting](#)

(833) 819-8075/51538535# Canada (Toll-free)

Phone Conference ID: 751 538 535#

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 d watterson@cmhaww.ca

2. **Tuesdays, 1:30p– 3:30p**

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. **Wednesdays, 3:30p-4:30p**

In person – 80 Waterloo Ave., Guelph **NO GROUP MAY 10** 

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 izlatanovic@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.

- **Wednesdays, 2:30p-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, 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: 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 izlatanovic@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 492 863 726#

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

[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.

- **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, 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 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

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 svswanathan@cmhaww.ca

Cambridge Unrushed: Holistic Wellness for Mental Health & Wellness –

Join us to focus on Mind, Body, and Spirit to manage stress, anxiety and to bring balance – unrushed. **Sample topics discussed in the group:** Mindfulness activities, energy management, guided meditation/Yoga Nidra, hygge content, importance of movement, power of routine, slow down intentionally to find balance etc.

- **Tuesdays, 3:00p – 4:30p** 

In person 9 Wellington St., Cambridge.

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 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.

- **Fridays, 10:00a-11:30a**

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. **FULL UNTIL LATE 2024. We are not keeping a waitlist. We will post on a future calendar if this changes.**

DBT Skills Peer Support Skills Refresher –

This is a biweekly opportunity to refresh your DBT skills. *Having attended a full series of DBT Peer Support with Self Help & Peer Support is required.*

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 izlatanovic@cmhaww.ca

[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 535 107 838#

Guelph Searching for Strength –

This group is to support individuals searching for new skills for managing the daily stressors of life. Many of us struggle with finding the tools for effectively dealing with situations related to anxiety, feeling stuck, controlling our anger, expressing ourselves, and finding discipline. The participants in this group will learn about “the tools” developed by Phil Stutz and Barry Michels to explore new ways of engaging with these challenging situations. These “tools” are meant to be skill based and empowerment focused, meaning that participants will have the opportunity to build techniques that will be usable in their daily lives. Tonya and Kyle will work in collaboration with the participants to understand all of “the tools” and hopefully gain a wider perspective on effective wellness techniques.

- **Fridays, 1:30p -2:30p,**

In person - 80 Waterloo Ave. Guelph.

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**

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 brichard@cmhaww.ca

[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 flahens@cmhaww.ca

[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 106 756 019#

Kitchener 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!

Kitchener 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

Kitchener 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

Kitchener Games Group (67 King St. E., Kitchener) –

Come and enjoy this social time playing games with others.

- **Tuesdays, 12:30p-2:30p**

This group is held in the Rear Recovery room on the main level.

Kitchener Mapping Out Mino-Bimaadziwin – **STARTING MAY 10TH**

Join Isaac Two White Feather and Lori Gentle Eagle as they map out a way of following the Red Road to recovery that inspires hope in those with lived/living experiences of mental health, addition, trauma, neurodivergence and loved ones that accompany them on that journey. All Nations are welcome to participate in Indigenous ways of knowing and doing that will be explored through an activity rooted in sacred truths and centered around our lessons and learnings. Let us build our medicine bundles as we grow together in the Caring and Sharing circle that were envisioned as a part of a Womb with a crisis response. Please email kbillings@cmhaww.ca for any questions. Miigweech

- **Wednesdays 6:00pm -7:30pm**

In Person – 67 King St. E., Kitchener
Staff email: Katie at kbillings@cmhaww.ca

Kitchener Walking Group –

In-person walk & talk group to connect with new people in your community and get support for mental health.

- **Wednesdays, 11:30a-12:30p**

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

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. A digital copy of the workbook is provided by email. Although it is not necessary, participants may wish to purchase their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller. **FULL until Fall 2023 - We are not keeping a waitlist.**

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? 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: 10:30a – 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 at kbillings@cmhaww.ca

[Click here to join the meeting](#)
(833) 819-8075 Canada (Toll-free)
Phone Conference ID: 226 479 919#

Parting Ways –

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#

NEW! Peers for Safer Living -

If you have previously attended the Skills for Safer Living group you are invited to join this 10-session refresher and peer support group where we will continue to practice our skills and strategies to make safer choices and deepen our understandings of suicide related thoughts and behaviors. Meets virtually. *Must have attended a SFSL group previously.* **April 19 – June 21**

- **Wednesdays, 2:00 – 3:30p**

Email csavegh@cmhaww.ca to join or for more information.

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.

FULL Email Facilitator Brenda at brichard@cmhaww.ca.

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, 2:00p – 3:30p**

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 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 igrewal@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 Kass at kdivenanzo@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 635 398 705#

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

[Click here to join the meeting](#)

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

Phone Conference ID: 341 461 249#

Spark of Brilliance Group Descriptions

To be added to the mailing list to receive monthly flyers directly to your inbox or to register, please 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.

Coherent Quadriptychs –

A fancy way of saying, “Let’s paint four matching pieces of art!”

Nature Cyanotype –

Learn about the world’s oldest form of photography as we create cyanotypes of natural elements.

(GUELPH)

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.

(VIRTUAL)

Iris Folding –

Learn the Dutch art of Iris folding and create a beautiful, frameable piece of art.

(GUELPH)

Monochromatic Art –

Using watercolour and metallic ink, we will create a frameable piece of monochromatic art.

(KITCHENER & GUELPH)

Nature Inspired Clay Jewelry –

Using polymer clay we will create jewelry with natural impressions.

(GUELPH)

Paint and Plant –

Paint a pot, then pot a plant!

(KITCHENER)

Photograph Embroidery –

Learn how to add an element of fibre art to old photographs (or postcards) to bring them new life!

(KITCHENER)

Put on Your Creative Hat –

Join us for this playful and whimsical illustration workshop!

(VIRTUAL)

The Writing Life –

This workshop will explore creative intuition and writing as a healing practice and force for positive transformation in the self and in our community. We will experiment with various forms of writing, including fiction, creative non-fiction, poetry, and letters, taking inspiration from writers past and present, from all around the world. We will share our work with one another when we feel inspired and comfortable doing so and provide supportive feedback, exploring our natural curiosity and instincts. Writing can be a self-care practice, as well as a vehicle for social change - your words are powerful!

What’s Your Story? –

Our monthly workshop of creating fictional and non-fictional pieces of writing with the help of thoughtful prompts.
