















# Drop-In Support Groups: August 2023

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>**NO GROUPS AUGUST 7th**</b></p> <p><b>Resiliency NOW</b> @ 10:30a – 12:00p with Nancy &amp; Denise</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>NEW TIME</b> <b>Cambridge Intentional Living</b> @ 1:30p – 3:00p  With Kass</p> <p><b>Parting Ways</b> @ 2:00p – 4:00p with Katie</p> <p><b>NEW TIME</b> <b>Cambridge Meditation</b>  @ 3:00p – 4:00p with Swapna &amp; Kass</p> <p><b>NEW LINK</b> <b>Supporting the Supporter</b> @ 6:00p – 7:30p with Kass</p>	<p><b>Self-Esteem</b> @ 10:30a-12:00p with Kass &amp; Nancy</p> <p><b>Cambridge Walking Group</b>  @ 11:00a-12:00p with Swapna</p> <p><b>Kitchener 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 <b>Cancelled August 1<sup>st</sup> and 8<sup>th</sup></b></p> <p><b>I'm the Angry One</b> @ 1:00p – 2:30p with Nicole &amp; Farah</p> <p><b>Cambridge Anxiety, Depression and Hope Peer Support</b>  @ 1:30p – 3:00p with Denise</p> <p><b>Kitchener Anxiety, Depression &amp; Hope Peer Support</b>  @ 1:30p – 3:00p with Daniel &amp; Katrina</p> <p><b>Cambridge Unrushed</b>  @ 3:00-4:30p with Kass &amp; Swapna</p> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 7:00p – 8:30p with Nicole &amp; Farah</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, &amp; John</p> <p><b>Alternate Realities</b> @ 1:30p-3:00p with Katie &amp; Kyle</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>Kitchener Destressifying</b>  @ 3:00p – 4:00p with Jasmina &amp; John</p> <p><b>Guelph Anxiety, Depression &amp; Hope Peer Support</b>  @ 3:30p-4:30p with Meghan <b>Cancelled August 2<sup>nd</sup> and 9<sup>th</sup></b></p> <p><b>Afro Caribbean Black Mental Health Support Group</b> @ 6:00p-7:30p with Farah</p> <p><b>Coping with a Missing Person</b> @ 7:00p – 8:00p with Maureen &amp; Cindy (Aug 2, 16 &amp; 30)</p>	<p><b>Self-Compassion</b> @10:30a-noon with Meghan</p> <p><b>Bowling</b> @ 11:00a at  Kitchener's Towne Bowl with John &amp; Rob</p> <p><b>Help for the Hurting Heart</b> @ 1:00p – 2:30p with Brenda</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 &amp; Denise</p> <p><b>South Asian Wellness Group</b> @ 6:00p to 7:00p with Iman &amp; D</p> <p><b>Bipolar Disorder Peer Support Group</b> @ 7:00p – 9:00p with Maynard &amp; Gloria</p> <p><b>The URGE</b> @ 7:30p – 8:30p with Hillary &amp; Denise</p>	<p><b>The Connection Reflexion</b> @ 10:00a – 11:30a with Denise</p> <p><b>Guelph Self Compassion</b>  @ 10:30a- 11:45a with Meghan <b>Cancelled August 11th</b></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>Abstinence Not Required Substance Use Support Group</b> @ 3:00p – 4:30p with Farah</p>

**In-Person Groups:** Groups meeting in-person will have the location indicated in the group description, and are identified in the calendar by 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:** Planned cancellations are noted above in the grid, in red. 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: August 2023

## Recovery Learning Groups

Listen to our [podcast!](#)

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mind Over Mood Peer Support</b> @ 3:00p- 4:30p with D &amp; Meghan or Lawrence <b>FULL until Fall 2023.</b> We are <b>not</b> keeping a waitlist. We will post on a future calendar when registration opens again.</p>		<p><b>NEW ENROLLED GROUP!</b> <b>Identity- Building A Sense of Self August 9th – 31st</b> @10:30a–12:00p with Katie</p> <p><b>Riding the Waves of Emotion (Accepting Fall Registration)</b> @ 2:00p – 3:30p with Katrina &amp; Brenda Email Brenda at <a href="mailto:brichard@cmhaww.ca">brichard@cmhaww.ca</a></p> <p><b>Peers for Safer Living</b> @2:00 – 3:30 with Chantelle &amp; Mackenzie. <b>Aug 2-Oct 4! Email <a href="mailto:skillsforsaferlivingteam@cmhaww.ca">skillsforsaferlivingteam@cmhaww.ca</a> or call 1-844-264-2993 x 4063 to join</b></p>	<p><b>DBT Skills Peer Support Skills Refresher (August 17 and 31)</b> @ 1:00p - 2:30p with Meghan &amp; Lawrence</p> <p><b>DBT Skills Peer Support</b> @ 3:00p - 4:30p with Meghan &amp; Lawrence. <b>FULL</b> until late 2024. We are <b>not</b> keeping a waitlist. We will post on a future calendar if this changes.</p>	<p><b>DBT Skills Peer Support</b> @ 3:00p - 4:30p with Meghan &amp; Lawrence. <b>FULL</b> until late 2024. We are <b>not</b> 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](mailto:mgray@cmhaww.ca))

Monday (VIRTUAL)	Tuesday (KITCHENER IN PERSON)	Wednesday (GUELPH IN PERSON)	Thursday (VIRTUAL)	Friday
<p><b>Leap Write In -</b> August 14 from 1:30-3:30p.m.</p> <p><b>Illustrated Journaling –</b> August 21 from 1:30-3:30 p.m.</p> <p><b>Drawing: Studying the Masters –</b> August 28, from 1:30p-3:30pm</p>	<p><b>Macro Nature Watercolour –</b> August 1 from 1:30-3:30 p.m.</p> <p><b>Watercolour Paper-Piecing –</b> August 8 from 1:30-3:30p.m.</p> <p><b>Needle-Felted Landscapes -</b> August 15 from 1:30-3:30 p.m.</p> <p><b>Mindful Watercolour Booklets –</b> August 22 &amp; 29 from 1:30-3:30 p.m.</p>	<p><b>Bog Terrariums –</b> August 2 from 1:30-3:30 p.m. (@ Guelph Enabling Garden)</p> <p><b>Watercolour Paper-Piecing –</b> August 9 from 1:30-3:30p.m.</p> <p><b>Fun with Resin –</b> August 16 &amp; September 6 from 1:30-3:30 p.m. (@ Guelph Enabling Garden)</p> <p><b>Mindful Watercolour Booklets –</b> August 23 &amp; 30 from 1:30-3:30 p.m.</p>	<p><b>The Writing Life -</b> August 3 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](mailto:selfhelpgroup@cmhaww.ca) or call one of our sites. To register for a Spark of Brilliance group, email Marcey at [mgray@cmhaww.ca](mailto: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](mailto: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 group offers a safe space for people of Afro-Caribbean Black heritage to come together to share their feelings and unpack the challenges and intersections of living with a mental health challenge and being Black 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](mailto:flahens@cmhaww.ca)

## Alternate Realities –

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](mailto:kbulstrode@cmhaww.ca) or Katie at [kbillings@cmhaww.ca](mailto:kbillings@cmhaww.ca)

- **Wednesdays 1:30pm – 3:00pm**

[Click here to join the meeting](#)

(833) 819-8075/5751538535# Canada (Toll-free)

Phone Conference ID: 751 538 535#

## 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 – 3:00p**

**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. **Wednesdays, 3:30p-4:30p *Cancelled August 2 & 9***

**In person – 80 Waterloo Ave., Guelph** 

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

## 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.

- **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](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#

### Breathing with the Body –

Join us as we practice relaxation through breath work and light stretching. It is proven that focusing on breath and breathing through movement decreases stress and increases focus and overall wellness. This group is open to anyone wanting to slow down and relax while honoring your body and freeing stress.

- **Thursdays, 3:30p – 4:30p**

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

- **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](mailto: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](mailto:mshuebrook@cmhaww.ca)

### Cambridge 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 self.

- **Mondays 1:30p-3:00p**

**In Person: 9 Wellington St, Cambridge**  
Staff Facilitator Kass: [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@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 3:00p-4:00p**

**In-person: 9 Wellington St., Cambridge**  
Staff Facilitator Swapna: [svswanathan@cmhaww.ca](mailto:svswanathan@cmhaww.ca)  
Staff Facilitator Kass: [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@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](mailto:svswanathan@cmhaww.ca)

**Guelph (519) 763-4014**

### 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](mailto: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](mailto: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](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.

**Cambridge (519) 623-6024**

### 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.**

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

[Click here to join the meeting](#)  
(833) 819-8075 Canada (Toll-free)  
Phone Conference ID: 457 730 624#

**Kitchener (519) 570-4595**

**NEW ENROLLED GROUP : RUNNING AUGUST 9<sup>TH</sup> – 31<sup>ST</sup>****Identity – Building a Sense of Self -**

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

**To register and receive your link please connect with Katie before August 9<sup>th</sup> at [kbillings@cmha.wv.ca](mailto:kbillings@cmha.wv.ca)**

**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](mailto: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 [izlatanovic@cmhaww.ca](mailto:izlatanovic@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 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](mailto: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](mailto: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](mailto: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](mailto:kbillings@cmhaww.ca)

[Click here to join the meeting](#)

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

Phone Conference ID: 329 458 578#

**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.* Aug 2–Oct 4

- **Wednesdays, 2:00 – 3:30p**

Email [skillsforsaferlivingteam@cmhaww.ca](mailto:skillsforsaferlivingteam@cmhaww.ca) or call 1-844-264-2993 x 4063 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 Denise at [dwatterson@cmhaww.ca](mailto:dwatterson@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.

Email Facilitator Brenda at [brichard@cmhaww.ca](mailto: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](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 Canada (Toll-free)

Phone Conference ID: 999 790 378#

- **Thursdays, 10:30a – 12p *Cancelled August 3 & 10***

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 Canada (Toll-free)

Phone Conference ID: 891 879 398#

- **In Person  Fridays, 10:30a – 11:45a**

**80 Waterloo Ave, Guelph, Room G02 *Cancelled August 11***

### Self-Esteem –

Conversations about the way we view ourselves and how our self-esteem has been shaped. Group members are encouraged to share challenges and brainstorm ways to raise self-esteem. Please join us in learning more about self-esteem and its overall effect on our mental and physical well-being.

- **Tuesdays, 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 Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

[Click here to join the meeting](#)

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

Meeting ID: 234 812 432 436

### 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](mailto: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](mailto: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](mailto: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.

---

## **Bog Terrariums -**

Join Spark of Brilliance, and Heidi from the Guelph Enabling Garden as we create our very own bog terrarium, we will learn all about the unique biodiversity found only in Newfoundland, Canada. As this workshop will be outside, please remember your self-care! Bring along whatever you need to keep yourself comfortable based on the weather. If there is inclement weather, we will meet at 80 Waterloo Ave. Please monitor your email before the workshop for location confirmation.

---

## **Drawing: Studying the Masters –**

This new monthly workshop will focus on a different master artist each month. We will learn some tidbits about the highlighted artist and then use a piece of their art as inspiration for a drawing. This month's artist is Pablo Picasso.

---

## **Fun with Resin -**

Join Spark of Brilliance, and Heidi from the Guelph Enabling Garden for this two-part workshop as we take time to appreciate the healing benefits of nature and embed natural elements in resin to make beautiful jewelry pieces. As this workshop will take place outside, please plan for the weather and bring what you need for your self-care.

---

## **Illustrated Journaling -**

With some help from illustrator, Dylan Mierzwinski, and Skillshare, we will be creating color-filled illustrated journal entries in this beginner-friendly creative workshop series. We'll 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 tool you have lying around), scrap paper, and time set aside each month to support our mental health and creative wells!

---

## **Leap Write In -**

Inspired by "Leap Write In", by Karen Benke, this series invites your jittery mind into quiet slips of timed experiments that are designed to encourage your timid heart to forge forgotten feelings and entice your shy-self to make friends with emerging emotions. Explore all the wacky, confusing, brave, soul-stirring, wonderings and wanderings of your life's inner treasures!

---

## **Macro Nature Watercolour –**

Join Spark of Brilliance as we take time to appreciate the healing benefits of nature and the tiny worlds we can discover when we take a closer look!

---

## **Mindful Watercolour Booklets -**

During this mainly silent, two-part workshop, we will create 8-page mindfulness books using watercolour and calm breath. Guaranteed to be relaxing and meditative! Let go and have fun.

---

## **Needle-Felted Landscape -**

Needle felting is the process of turning an animal fiber such as sheep wool, alpaca, mohair, yak, etc. into a piece of fabric by connecting the individual fibers. Join us in this beginner-friendly introduction to felted landscapes and go home with your very own felted artwork!

---

## **Watercolour Paper-Piecing -**

During this workshop, we will create a variety of watercolour pages, which will be used to paper-piece a subject of your choosing. This may be an animal, a landscape, or a portrait. While all required supplies will be provided, participants are welcome to bring along whatever supplies they have from home that will help personalize their final creation.

---

## **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!

---