


Drop-In Support Groups: September 2023

Drop-In Self Help & Peer Support Groups

Listen to our [podcast!](#)

Visit us at www.cmhawwselfhelp.ca

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*NO GROUPS SEPTEMBER 4th*</p> <p>NEW TIME Neurodivergent Peer Support Group @ 10:00a – 11:30a with Katie</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Meghan</p> <p>NEW DAY/TIME Cambridge Intentional Living: Holistic Wellness for Mental Health @ 1:30p – 3:00p with Kass</p> <p>TIME CHANGE Parting Ways @ 1:30p – 2:30p with Katie</p> <p>NEW GROUP Cambridge Stay and Play @ 3:00p – 4:00p</p> <p>NEW DAY/TIME Alternate Realities @ 3:00p-4:30p with Katie</p> <p>Supporting the Supporter @ 6:00p – 7:30p with Kass</p>	<p>Self-Esteem @ 10:30a-12:00p with Kass & Nancy</p> <p>Cambridge Walking Group @ 11:00a-12:00p with Denise</p> <p>Kitchener Games Group @ 12:30p – 2:30p with Rob & John</p> <p>Buried in Treasures Peer Support @ 1:00p – 2:30p with Meghan</p> <p>I'm the Angry One @ 1:00p – 2:30p with Farah</p> <p>Cambridge Anxiety, Depression and Hope Peer Support @ 1:30p – 3:00p with Denise</p> <p>Kitchener Anxiety, Depression & Hope Peer Support @ 1:30p – 3:30p with Daniel & Katrina</p> <p>NEW DAY/TIME Cambridge Meditation @ 3:30p-4:30p with Kass</p> <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Farah</p>	<p>Kitchener Walking Group @ 11:30a - 12:30p with Farah, Rob, & John</p> <p>Anxiety, Depression and Hope Peer Support @ 1:30p-3:00p with Lawrence</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</p> <p>Afro Caribbean Black Mental Health Support Group @ 6:00p-7:30p with Farah</p> <p>*NO GROUP SEPTEMBER 6* STARTS SEPTEMBER 13, 2023</p> <p>NEW DAY/TIME The URGE @ 6:30p – 7:30p with Hillary & Denise</p> <p>Coping with a Missing Person @ 7:00p – 8:00p with Maureen & Cindy (Sept 13 & 27)</p>	<p>Self-Compassion @ 10:30a-noon with Meghan</p> <p>Bowling @ 11:00a at Kitchener's Towne Bowl with John & Rob</p> <p>NEW DAY/TIME Boundaries & Assertiveness @ 12:00p – 1:00p with Farah</p> <p>Help for the Hurting Heart @ 1:00p – 2:30p with Farah</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>*NO GROUP SEPTEMBER 7* STARTS SEPTEMBER 14, 2023</p> <p>NEW TIME Bump In the Road @ 3:00p – 4:00p with Denise</p> <p>Bipolar Disorder Peer Support Group 2nd & 4th THURSDAY @ 7:00p – 9:00p with Maynard & Gloria SEPT 14 and 28</p>	<p>The Connection Reflexion @ 10:00a – 11:30a with Denise</p> <p>Guelph Self Compassion @ 10:30a- 11:45a with Meghan</p> <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene</p> <p>Abstinence Not Required Substance Use Support Group @ 3:00p – 4:00p 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: September 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 & Meghan or Lawrence</p> <p>FULL until October or November 2023. We are <i>not</i> keeping a waitlist. We will post when registration opens again for the next series.</p>		<p>Peers for Safer Living @2:00p - 3:30p with Skills for Safer Living Facilitators. 10-week group held on an ongoing basis. To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ex4061</p>	<p>DBT Skills Peer Support Skills Refresher (September 7 & 21) @ 1:00p - 2:30p with Meghan & Lawrence</p> <p>DBT Skills Peer Support @ 3:00p - 4:30p with Meghan & Lawrence. FULL until late 2024. We are <i>not</i> 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 & Lawrence. FULL until late 2024. We are <i>not</i> 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>Leap Write In - September 11, from 1:30-3:30p</p> <p>Illustrated Journaling – (Will return in October)</p> <p>Drawing as Self-Discovery – September 18, from 1:30-4:30p</p> <p>Drawing: Studying the Masters – September 25, from 1:30-3:30p</p>	<p>Bird Collision Education – September 5, from 1:30-3:30p</p> <p>Needle Felted Landscapes - September 12, from 1:30-3:30p</p> <p>Tree of Life Painting (2 parts) – September 19 & 26 from 1:30-3:30p</p>	<p>Fun with Resin – August 16 & September 6 from 1:30-3:30p (@ Guelph Enabling Garden)</p> <p>Love Letters to Strangers - September 13, from 1:30-3:30p</p> <p>Nature Monoprints - September 20, from 1:30-3:30p (@Guelph Enabling Garden)</p> <p>Tree of Life Painting (2 parts) – September 27 & October 11, from 1:30-3:30p</p>	<p>The Writing Life - (Will return in October)</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 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

Alternate Realities – **NEW DAY & TIME**

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 Katie at kbillings@cmhaww.ca

- **Mondays, 3:00p-4:30p **NEW DAY & TIME****

[Click here to join the meeting](#)

(833) 819-8075/751538535# 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 dwatterson@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 

Staff facilitator email Meghan at 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.

- **2nd & 4th Thursdays, 7:00p – 9:00p (Sept 14 & 28)**

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 Farah at flahens@cmhaww.ca

[Click here to join the meeting](#)

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

Phone Conference ID: 235 186 683#

Boundaries & Assertiveness – **NEW DAY/TIME**

Creating and asserting personal boundaries in various life situations. Discussion and role play to help us gain knowledge and practice our skills.

- **Thursday, 12:00p– 1:00p**

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 Farah at flahens@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 – **NEW TIME**

***NO GROUP SEPTEMBER 7*
STARTS SEPTEMBER 14, 2023**

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, 3:00p-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, 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 Intentional Living: Holistic Wellness for Mental Health

NEW DAY/TIME

Originally two separate groups: Unrushed and Living Intentionally brought together to form Intentional Living: Holistic Wellness for Mental Health. 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

Cambridge Meditation – **NEW DAY/TIME**

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

- Tuesdays from 3:30p-4:30p

In-person: 9 Wellington St., Cambridge

Staff Facilitator Kass: 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 Denise at d watterson@cmhaww.ca

Cambridge Stay and Play –

Life can be stressful. Let’s remember the importance of stepping away from our focus and having fun. Join peers in a drop-in style group and play board games or have a chat with fellow individuals on this journey.

- Mondays, 3pm-4pm

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. 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 d watterson@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

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 18 months 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.** Staff facilitator: Tonya at tevans@cmhaww.ca

Help for the Hurting Heart –

This workbook-based group (Help for the Hurting Heart Workbook, by David Kessler) guides you through the grieving process in a way that leaves you feeling at peace and free to create a life of meaning after your loss. While you can grieve more than the loss of a loved one (breakup, job loss, ending a friendship, betrayal, and anticipating loss while caring for a sick loved one), it’s important to learn how to honor and attend to your grief in a way that heals what hurts while letting go of guilt, anger, and what-ifs. Please join us as David leads us down a path towards remembering with more love than pain. You can live a happy and fulfilled life, even after life’s most painful experiences. Grief is a journey. An electronic copy of the workbook will be provided to you.

- **Thursdays, 1:00p-2:30p**

To join by video, click on the phrase “click here to join the meeting,” below. To join by telephone only, use the toll-free 1-833 number and follow the message directions to key in the Phone Conference ID, also below. Staff facilitator email Farah flahens@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 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

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 October or November 2023 - We are not keeping a waitlist. We will post when registration opens for a new series.**

Neurodivergent Peer Support Group – **NEW TIME**

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 – 11:30a **NEW TIME****

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 – **NEW TIME**

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: 1:30p – 2:30p **NEW TIME****

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#

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.*

- **Wednesdays, 2:00p – 3:30p**

Email skillsforsafelivingteam@cmhaww.ca or call 1-844-264-2993 x 4063 to join or for more information.

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.

- **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 –

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

[Click here to join the meeting](#)

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

Meeting ID: 234 812 432 436

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 – **NEW DAY & TIME**

NO GROUP SEPTEMBER 6

STARTS SEPTEMBER 13, 2023

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.

- **Wednesdays, 6:30p-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:d watterson@cmhaww.ca)

[Click here to join the meeting](#)

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

Phone Conference ID: 412 798 513#

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.

Bird Collision Education -

In this workshop, we will learn about the various ways we can protect local birds by making windows bird-safe. Using what we learn, we will create designs with birds in mind and paint the outside windows at the CMHA office in Kitchener to prevent bird-window collisions and educate others about this issue.

Drawing: Studying the Masters –

This series focuses 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 MC Escher.

Drawing as Self-Discovery -

Turn emotion into empowerment with illustrator and writer Mari Andrew, and Skillshare — all skill levels welcome! Join us in this inviting class as we learn how drawing can help us process our emotions and promote self-discovery. These easy, fun exercises will guide us to go deep, reflect on our emotions, and visualize our dreams for the future.

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.

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!

Love Letters to Strangers -

Following in the footsteps of Hannah Brencher, we will be writing short notes and cards to encourage strangers who may be experiencing struggles much like our own. We will then take our notes out into the world and leave them where others will find them.

Nature Monoprints -

In this workshop, we will use nature materials to create beautiful monoprints for gift giving or framing. At Guelph Enabling Garden.

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!

Tree of Life Acrylic Painting -

In this two-part workshop, we will each create an autobiographical tree painting that includes some of the most important pieces of our lives.
