

Drop In Self Help & Peer Support Groups

Listen to our podcast

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual - use the bit.ly URL to join via video - use the toll free phone number and ID number to join via telephone.				
<p>NO GROUPS DECEMBER 25 and JANUARY 1</p> <p>Neurodivergent Peer Support Group @ 10:00a – 11:30a with Katie</p> <ul style="list-style-type: none"> • bit.ly/4671jCD • (833) 819-8075 & ID: 226 479 919# <p>Chronic Pain & Mental Health Peer Support @ 1:00p – 2:30p with Cynthia and Allison</p> <ul style="list-style-type: none"> • bit.ly/3EBtMop • (833) 819-8075 & ID: 485 925 888# <p>Intimate Relationships- Building Healthy Relationships @ 1:30p – 2:30p with Katie</p> <ul style="list-style-type: none"> • bit.ly/3SIKEHZ • (833) 819-8075 & ID: 178 641 540# <p>Alternate Realities @ 3:00p-4:30p with Katie</p> <ul style="list-style-type: none"> • bit.ly/44j2w20 • (833) 819-8075 & ID: 751 538 535# <p>Supporting the Supporter @ 6:00p – 7:30p with Kass</p> <ul style="list-style-type: none"> • bit.ly/3Lp5uSr • (833) 819-8075 & ID: 635 398 705# 	<p>NO GROUPS DECEMBER 26</p> <p>Self-Esteem @ 10:30a-12:00p with Nancy</p> <ul style="list-style-type: none"> • bit.ly/3rbjwvs • (833) 819-8075 & ID: 234 812 432# <p>Buried in Treasures Peer Support ON HOLD UNTIL JANUARY 2024 @ 1:00p – 2:30p</p> <ul style="list-style-type: none"> • Email mshuebrook@cmhaww.ca to join. <p>I'm the Angry One @ 1:00p – 2:30p with Norm & Farah</p> <ul style="list-style-type: none"> • bit.ly/48dm7u2 • (833) 819-8075 & ID: 106 756 019# <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3tVfv45 • (833) 819-8075 & ID: 459 153 651# <p>VIRTUAL & IN PERSON Cambridge Shelf-Help Hour Book Club @ 3:00p – 4:30p with Kass</p> <ul style="list-style-type: none"> • bit.ly/45W40vs • (833) 819-8075 & ID: 548 778 606# 	<p>Anxiety, Depression and Hope Peer Support @ 1:30p – 3:30p with Lawrence</p> <ul style="list-style-type: none"> • bit.ly/3tZP8tP • (833) 819-8075 & ID: 316 410 190# <p>5 week Seasonal Group (Dec 6 – Jan 3) Winter Holiday Self-Care @ 3:30p-4:30p with Nancy</p> <ul style="list-style-type: none"> • bit.ly/3N1KjXi • (833) 819-8075 & ID: 268 591 853 292 <p>Afro Caribbean Black Mental Health Support Group @ 6:00p – 7:30p with Farah NO GROUP DEC 13th & 20th</p> <ul style="list-style-type: none"> • Email flahens@cmhaww.ca to join. <p>The URGE @ 6:30p – 7:30p with Hillary & Denise</p> <ul style="list-style-type: none"> • bit.ly/3EAYDl6 • (833) 819-8075 & ID: 412 798 513# <p>Coping with a Missing Person @ 7:00p – 8:00p with Maureen & Cindy (December 6 and 20) SPECIAL EVENT DECEMBER 6: Honouring Our Loved Ones</p> <ul style="list-style-type: none"> • Email trasker@rogers.com to join. 	<p>Self-Compassion @ 10:30a – 12:00p with Nancy & Brenda</p> <ul style="list-style-type: none"> • bit.ly/45QUaH5 • (833) 819-8075 & ID: 891 879 398# <p>Help for the Hurting Heart @ 1:00p – 2:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3ZfStk • (833) 819-8075 & ID: 457 730 624# <p>Breathing with the Body @ 3:30p – 4:30p with Tonya</p> <ul style="list-style-type: none"> • bit.ly/3scIlgK • (833) 819-8075 & ID: 148 817 315# <p>Bump In the Road @ 3:00p – 4:00p with Denise</p> <ul style="list-style-type: none"> • bit.ly/3QkZHyV • (833) 819-8075 & ID: 250 536 535# <p>Bipolar Disorder Peer Support Group 2nd & 4th Thursday of the month @ 7:00p – 9:00p with Maynard & Gloria December 14 & 28</p> <ul style="list-style-type: none"> • bit.ly/3tV1N1b • (833) 819-8075 & ID: 508 724 285# 	<p>The Connection Reflexion @ 10:00a – 11:30a with Denise</p> <ul style="list-style-type: none"> • bit.ly/47clhvq • (833) 819-8075 & ID: 708 523 029# <p>Boundaries & Assertiveness @ 11:00am – 12:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3MiFVtp • (833) 819-8075 & ID: 202 485 243# <p>Mental Health & Wellness Skills @ 1:00p – 2:00p with Colene</p> <ul style="list-style-type: none"> • bit.ly/3tV15B3 • (833) 819-8075 & ID: 383 190 929# <p>Abstinence Not Required Substance Use Support Group @ 3:00p – 4:00p with Farah NO GROUP DEC 15th & 22nd</p> <ul style="list-style-type: none"> • bit.ly/3SiNn4U • (833) 819-8075 & ID: 581 255 512#
In Person				
<p>Cambridge Intentional Living: Holistic Wellness for Mental Health @ 1:30p – 3:00p with Kass 9 Wellington St.</p> <p>Cambridge Stay and Play @ 3:00p – 4:00p with Kass and Michael 9 Wellington St.</p>	<p>Cambridge Walking Group @ 11:00a-12:00p with Michael & Denise 9 Wellington St.</p> <p>Kitchener Games Group @ 12:30p – 2:30p with Rob & John 67 King St E.</p> <p>Kitchener Anxiety, Depression & Hope Peer Support @ 1:30p – 3:30p with Daniel & Katrina 67 King St E.</p> <p>NEW Group Kitchener Open-Share @ 1:30p – 3:00p with Nancy 67 King St E.</p> <p>Cambridge Anxiety, Depression and Hope Peer Support @ 1:30p – 3:00p with Denise 9 Wellington St.</p> <p>VIRTUAL & IN PERSON Cambridge Shelf-Help Hour Book Club @ 3:00p – 4:30p with Kass 9 Wellington St.</p>	<p>Kitchener Walking Group @ 11:30a - 12:30p with Farah, Rob, & John Speaker's Corner in front of 67 King Street E.</p> <p>Kitchener Destressifying @ 3:00p – 4:00p with John & Farah 67 King St E.</p> <p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Pat and Allison 80 Waterloo Ave.</p>	<p>Cambridge Mind Over Mood @ 10:00 – 11:30a with Denise. Starting November 16, 2023 9 Wellington St.</p> <p>NEW TIME & LOCATION Kitchener Bowling Group @ 1:00p - 2:00p with John & Rob Victoria Bowl</p> <p>Guelph Walk & Talk @ 1:30p-2:30p with Tonya Royal City Park (at the gazebo)</p>	<p>NO GROUP DEC 8 & 15 Guelph Gentle Movement for Mental Wellness @9:30a-10:30a with Lisa 80 Waterloo Ave</p> <p>Guelph Self Compassion @ 10:30a- 11:45a with Amanda & Pat 80 Waterloo Ave</p> <p>Cambridge Meditation @ 3:00p-4:00p with Kass 9 Wellington St.</p>

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 facebook.com/selfhelppeersupport. We will also change our Group Cancellation line message at **1-844-CMHA WW3 (1-844-264-2993) ext. 4004**

Enrolled Recovery Learning Groups

Listen to our podcast

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual				
Mind Over Mood Peer Support @ 3:00p- 4:30p with Lawrence Runs for about 8 months. FULL. Series starts December 4, 2023.		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 ext. 4061. REGISTRATION OPEN -Coming in January Riding the Waves of Emotion @ 2:00p – 3:30p with Katrina & Nancy A virtual group that runs approximately 16 weeks with a focus on how to respond to our emotions in healthy ways. To join email Nancy at nflewelling@cmhaww.ca or call 1-844-264-2993 ext 4514	DBT Skills Peer Support Skills Refresher (December 7 & 21) @ 1:00p – 2:30p with Lawrence DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence. FULL until late 2024. We are not keeping a waitlist. We will post on a future calendar if this changes.	DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence & Katrina. FULL until late 2024. We are not keeping a waitlist. We will post on a future calendar if this changes.

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 Join via video - use the bit.ly URL. | **To join via telephone** - use the toll free phone number and ID number.

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 facebook.com/selfhelppeersupport. We will also change our Group Cancellation line message at **1-844-CMHA WW3 (1-844-264-2993) ext. 4004**.

Enrolled Spark of Brilliance Groups

December 2023

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person – Guelph	Virtual	
Illustrated Journaling -December 4, from 1:30-3:30p Leap Write In - December 11, from 1:30-3:30p Drawing: Studying the Masters – December 18, from 1:30-3:30p There will be no workshop on December 25	Crystal-Wrapping Basics with Hillary - December 5, from 1:30-3:30p In Progress Gala Edition – December 12, from 1:30-3:30p Year End Holidays Celebration – December 19, from 1:00-4:00p There will be no workshop on December 26	Painted Wood Slice Ornaments – December 6, from 1:30-3:30p In Progress Gala Edition – December 13, from 1:30-3:30p Year End Holidays Celebration – December 20, from 1:00-4:00p There will be no workshop on December 27	The Writing Life – December 7, from 3:30-5:00p Art Gala Information Session – December 14, from 10a-12p	

To enroll in Spark of Brilliance, register for a workshop or be added to our monthly mailing list, email Marcey 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. Links to virtual workshops are sent to registered participants via email on the morning the workshop is held.

SPARK OF BRILLIANCE CANCELLATIONS: Planned cancellations are noted on the above grid. If we need to unexpectedly cancel a workshop, registered participants will be notified via email, as soon as possible.

Art Gala Information Session -

Join us for an inspiring information session as we answer questions about the highly anticipated "Art Works for Mental Health" (AWFMH) art gala, set to shine in March 2024! AWFMH Gala is a celebration of healing through the arts, spotlighting the remarkable talents of individuals in the Wellington-Waterloo region who've journeyed through mental health and substance use challenges.

Crystal-Wrapping Basics with Hillary -

Ever find a really cool rock, crystal, shell, or piece of glass and wished it could be a pendant? Then look no further - this workshop is for you! Hillary will patiently teach participants the basics and forgiving nature of wire-wrapping crystals. You'll be a pro in no time! And... the bonus: you get to wear your creations!

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 Edgar Degas.

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.

In Progress: Gala Edition -

Take some "me" time to work on some of your in-progress art pieces.

Wood Slice Painted Ornaments -

Get ready to usher in winter spirits a bit early this year! Join us in crafting beautifully painted ornaments on wood slices that will add a touch of joy to your home or make a delightful gift for someone special. We encourage you to come with your artistic ideas or be prepared to share and inspire each other with creativity. Let's make the cold days a little bit warmer with our personalized artful ornaments

Illustrated Journaling -

With some help from illustrator, Dylan Mierzewski Join us for an inspiring information session as we answer questions about the highly-anticipated "Art Works for Mental Health" (AWFMH) art gala, set to shine in March 2024! AWFMH Gala is a celebration of healing through the arts, spotlighting the remarkable talents of individuals in the Wellington-Waterloo region who've journeyed through mental health and substance use challenges., 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!

The Writing Life -

This workshop, facilitated by writer and editor Mary Katherine Carr, will explore creative intuition and writing as a healing practice and force for positive transformation in the self and in our community. 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!

Year End Holiday Celebration -

Let's come together for a fantastic year-end celebration! Join us in relishing the artistic adventures of 2023. Sip on a warm beverage, groove to the joyful holiday tunes, dive into exciting games, and get your hands busy with a creative activity. Due to the planning nature of this workshop, please register no later than December 8, 2023, at 5 p.m.

Program Descriptions

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.

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. To join group please email Farah at 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 Katie at kbillings@cmhaww.ca.

Anxiety, Depression & Hope Peer Support – 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. Staff facilitator email Farah at flahens@cmhaww.ca and Meghan at mshuebrook@cmhaww.ca. **5 Sessions per Week**

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. Staff facilitator email Farah at flahens@cmhaww.ca.

Boundaries & Assertiveness – Creating and asserting personal boundaries in various life situations. Discussion and role play to help us gain knowledge and practice our skills. Staff facilitator email Farah at flahens@cmhaww.ca.

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. Staff Facilitator email Tonya at tevans@cmhaww.ca.

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. Staff facilitator email Denise dwatterson@cmhaww.ca.

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 – 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. Staff facilitator email Kass at 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. Staff facilitator email Kass at kdivenanzo@cmhaww.ca.

Cambridge Mind Over Mood

This is a drop-in group at the Cambridge Site. See below, at Mind Over Mood, for a group description.

Cambridge and Virtual Shelf-Help Hour Book Club -

A time to find like-minded people to share journeys of self-discovery with. The group will be reading a book and relating it to their own experiences through group discussion. The first book will be: The Midnight Library by Matt Haig. To receive a photocopy of the book, please email kdivenanzo@cmhaww.ca beforehand **Hybrid: In-person @ 9 Wellington Street Cambridge AND virtual through Microsoft Teams**

Cambridge Walking Group – Join us at outside our Cambridge office 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 email Denise at dwatterson@cmhaww.ca.

Program Descriptions

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.

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. Staff facilitator email Meghan at mshuebrook@cmhaww.ca.

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. Staff facilitator email Denise dwatterson@cmhaww.ca.

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. 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.

DBT Skills Peer Support Skills Refresher – This is an 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 email Tonya at tevens@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. Staff facilitator email Farah flahens@cmhaww.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. Staff facilitator email Farah flahens@cmhaww.ca.

Intimate Relationships – Building Healthy Relationships (Previously called Parting Ways)
The quality of our relationships and personal interactions are essential to our overall wellbeing and mental health, however many of us experience strain, conflict, estrangement and even separations, break-ups, and divorce. Have you been looking for a space to speak about challenges and feel supported and validated? Has your mental health been impacted by these changes? I invite you to join us where we have open-discussions and touch on content and worksheets that expand on healthy relationships, such as: emotional expression, managing challenges and conflict, boundaries, effective communication, constructive responding, self-reflection, and codependency/attachment.

Kitchener Bowling Group – This group meets every Thursday morning at Victoria Bowl (280 Victoria St. S, 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. Staff facilitator email Jasmina at jzlatanovic@cmhaww.ca.

Kitchener Games Group – Come to our Kitchener office and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level.

NEW IN-PERSON GROUP Kitchener Open-Share – Participants have an informal discussion about their mental health and wellbeing. Staff Facilitator email: Nancy at nflewelling@cmhaww.ca

Kitchener Walking Group – Join us at Speaker's Corner outside our Kitchener office 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.* Facilitated by Rob & John & Staff facilitator email Farah at 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. Staff facilitator email Denise dwatterson@cmhaww.ca.

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.

Program Descriptions

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.* Staff facilitator email Katie at kbillings@cmhaww.ca.

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

Riding the Waves of Emotion - Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Take control of your emotions by learning how to respond to them. Please join us in learning how to identify, understand and release your emotions. Enrolled 16-week group. To join the next 16-week series in January 2024, email Facilitator Nancy at nflewelling@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. Staff facilitator Nancy's email is nflewelling@cmhaww.ca.

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. Staff facilitator Nancy's email is nflewelling@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. Staff facilitator email Kass at kdivenanzo@cmhaww.ca.

The URGE – 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. Staff facilitator email Denise dwatterson@cmhaww.ca.

SEASONAL OPPORTUNITY WINTER HOLIDAY SELF-CARE – The winter holiday season can be a challenging time to take care of ourselves regardless of how we feel about the season. Come and spend time together as we talk about ways to support ourselves while dealing with the stresses that the holidays can bring. Feel free to participate in any or all parts of the five-week series. Each weekly group is a stand-alone group. Staff facilitator Nancy's email is nflewelling@cmhaww.ca.