

Self Help and Peer Support Screen Reader Accessible Group Calendar December 2023

Monday

Neurodivergent Peer Support Group

10:00a – 11:30a with Katie

Virtual

[Click here to join the meeting](#)

Chronic Pain & Mental Health Peer Support

1:00p – 2:30p with Cynthia

Virtual

[Click here to join the meeting](#)

Intimate Relationships- Building Healthy Relationships()

1:30p – 2:30p with Katie

Virtual

[Click here to join the meeting](#)

Alternate Realities

3:00p-4:30p with Katie

Virtual

[Click here to join the meeting](#)

Supporting the Supporter

6:00p – 7:30p with Kass

Virtual

[Click here to join the meeting](#)

Tuesday

Self-Esteem

10:30a-12:00p with Kass & Nancy

Virtual

[Click here to join the meeting](#)

Kitchener Games Group

12:30p – 2:30p with Rob & John

In-person

67 King St East

I'm the Angry One

1:00p – 2:30p with Norm & Farah

Virtual

[Click here to join the meeting](#)

Kitchener Anxiety, Depression & Hope Peer Support
1:30p – 3:30p with Daniel & Katrina
In-person
67 King St East

Kitchener Open Share
1:30p-3:30p with Nancy
In-person
67 King St East

Shelf-Help Hour Book Club
3:00p – 4:30p with Kass
Hybrid (in person in Cambridge at 9 Wellington St. and virtual)
[Click here to join the meeting](#)

Anxiety Depression & Hope Peer Support
7:00p – 8:30p with Farah
Virtual
[Click here to join the meeting](#)

Wednesday

Kitchener Walking Group
11:30a - 12:30p with Farah, Rob, & John
In person
Speaker's Corner at 67 King St East

Anxiety, Depression and Hope Peer Support
1:30p-3:30p with Lawrence
Virtual
[Click here to join the meeting](#)

Kitchener Destressifying
3:00p – 4:00p with John & Farah
In person
67 King St East

Winter Holiday Self-Care 5 Week group December 6 to January 3
3:30p-4:30p with Nancy
Virtual
bit.ly/3N1KjXi

Afro Caribbean Black Mental Health Support Group
6:00p – 7:30p with Farah
NO GROUP DEC 13th & 20th
Virtual
Email flahens@cmhaww.ca to join.

The URGE

6:30p – 7:30p with Hillary & Denise

Virtual

[Click here to join the meeting](#)

Coping with a Missing Person

7:00p – 8:00p with Maureen & Cindy

December 6 and 20 SPECIAL EVENT DECEMBER 6: Honouring Our Loved Ones

Virtual

Email trasker@rogers.com to join.

Thursday

Self-Compassion

10:30a-noon with Nancy & Brenda

Virtual

[Click here to join the meeting](#)

Help for the Hurting Heart

1:00p – 2:30p with Farah

Virtual

[Click here to join the meeting](#)

Breathing with the Body

3:30p-4:15p with Tonya

Virtual

[Click here to join the meeting](#)

Bump In the Road

3:00p – 4:00p with Denise

Virtual

[Click here to join the meeting](#)

Bipolar Disorder Peer Support Group

December 14 and 28

7:00p – 9:00p with Maynard & Gloria

Virtual

[Click here to join the meeting](#)

Friday

The Connection Reflexion

10:00a – 11:30a with Denise

Virtual

[Click here to join the meeting](#)

Boundaries & Assertiveness
11:00am – 12:30p with Farah
Virtual
[Click here to join the meeting](#)

Mental Health & Wellness Skills
1:00p – 2:00p with Colene
Virtual
[Click here to join the meeting](#)

Abstinence Not Required Substance Use Support Group
3:00p – 4:00p with Farah
Virtual
[Click here to join the meeting](#)