

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

March 2024

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>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/48KLTL8L • (833) 819-8075 & ID: 948 187 482# <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>Self-Esteem @ 10:30a – 12:00p with Nancy</p> <ul style="list-style-type: none"> • bit.ly/3RBhzX5 • (833) 819-8075 & ID: 242 025 896# <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>Buried in Treasures Peer Support @ 3:00p – 4:30p with Farah</p> <ul style="list-style-type: none"> • Email flahens@cmhawww.ca to join. <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>Anxiety, Depression and Hope Peer Support @ 1:30p – 3:30p with Lawrence</p> <ul style="list-style-type: none"> • bit.ly/3ROPIxo • (833) 819-8075 & ID: 316 410 190# <p>Gender Journeys @ 1:30p-2:30p with Michael - NEW - EMAIL kdivenanzo@cmhawww.ca for link.</p> <p>Kitchener Experiencing Disability @ 1:30p-2:30p with Richard - NEW HYBRID GROUP</p> <ul style="list-style-type: none"> • bit.ly/4b5k64J • (833) 819-8075 & ID: 549 867 027# <p>Afro Caribbean Black Mental Health Support Group @ 6:00p – 7:30p with Farah</p> <ul style="list-style-type: none"> • Email flahens@cmhawww.ca to join. <p>Coping with a Missing Person - NEW TIME @ 7:30p – 8:30p with Maureen & Cindy (March 13 and 27)</p> <ul style="list-style-type: none"> • Email missingpersons@rogers.com to join. 	<p>Self-Compassion @ 10:30a – 12:00p with Nancy & Brenda</p> <ul style="list-style-type: none"> • bit.ly/3RQTk8q • (833) 819-8075 & ID: 147 583 007# <p>Recovery & Wellness @ 11:00a-12:00p with Kass - NEW GROUP</p> <ul style="list-style-type: none"> • bit.ly/3PkQoJ5 • (833) 819-8075 & ID: 829 947 043# <p>Help for the Hurting Heart @ 2:30p – 4:00p with Farah & Gloria - NEW TIME</p> <ul style="list-style-type: none"> • bit.ly/3Zfistk • (833) 819-8075 & ID: 457 730 624# <p>Alienated Together @ 1:00p – 2:30p with Hillary & Denise - NEW GROUP</p> <ul style="list-style-type: none"> • Email dwatterson@cmhawww.ca to join. <p>Anxiety Depression & Hope Peer Support @ 2:30p – 3:30p with Nancy and Nicole - RETURNING GROUP - NEW TIME</p> <ul style="list-style-type: none"> • bit.ly/4b5nTPs • (833) 819-8075 & ID: 223 651 397# <p>The Urge @ 6:30p – 7:30p with Hillary & Denise</p> <ul style="list-style-type: none"> • bit.ly/3EAYDI6 • (833) 819-8075 & ID: 412 798 513# <p>Bipolar Disorder Peer Support Group @ 7:00p – 9:00p with Maynard & Gloria</p> <ul style="list-style-type: none"> • bit.ly/3tV1N1b • (833) 819-8075 & ID: 508 724 285# 	<p>NO GROUPS MARCH 29</p> <p>The Connection Reflexion @ 10:00a – 11:30a with Denise and Tonya</p> <ul style="list-style-type: none"> • bit.ly/47clhvg • (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/48En3H6 • (833) 819-8075 & ID: 213 570 692# <p>Abstinence Not Required Substance Use Support Group @ 3:00p – 4:00p with Farah</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</p> <p>9 Wellington St.</p> <p>Cambridge Stay and Play @ 3:00p – 4:00p with Kass and Michael</p> <p>9 Wellington St.</p>	<p>Cambridge Mind over Mood @ 9:30a-11:00a with Michael & Denise - RETURNING GROUP - NEW DAY - NEW TIME - 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>Cambridge Anxiety, Depression and Hope Peer Support @ 1:30p – 3:00p with Denise - 9 Wellington St.</p> <p>Kitchener Anxiety, Depression & Hope Peer Support @ 1:30p – 3:30p with Daniel & Katrina - 67 King St. E.</p> <p>Kitchener Open-Share @ 1:30p – 3:00p with Nancy - 67 King St. E.</p>	<p>Cambridge Creative Connections @ 9:30a – 10:30a with Denise and Jennifer - NEW GROUP - 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>Cambridge Gender Journeys @ 1:30p-2:30p with Michael - NEW HYBRID GROUP - 9 Wellington St.</p> <p>Kitchener Experiencing Disability @ 1:30p – 2:30p with Richard - NEW HYBRID GROUP - 67 King St. E.</p> <p>Kitchener Destressifying @ 3:00p – 4:00p with John - 67 King St. E.</p> <p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Allison - 80 Waterloo Ave.</p>	<p>Kitchener Bowling Group @ 1:00p – 2:00p with John & Rob - Victoria Bowl</p> <ul style="list-style-type: none"> • MARCH 14 BOWLING AT 11AM • MARCH 28 NO BOWLING <p>Guelph Walk & Talk @ 1:30p-2:30p with Tonya - Royal City Park (at the gazebo)</p>	<p>NO GROUPS MARCH 29</p> <p>Guelph Qi Gong @ 9:30a- 10:30a with Lisa - 80 Waterloo Ave</p> <p>Guelph Self Compassion @ 10:30a- 11:45a with Amanda, Heather & Allison - 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.

80 Waterloo Ave, Guelph | (519) 763-4014

9 Wellington St, Cambridge | (519) 623-6024

67 King St, Kitchener | (519) 570-4595

Enrolled Recovery Learning Groups

Listen to our [podcast!](#)

March 2024

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.				
Mind Over Mood Peer Support @ 3:00p- 4:30p with Lawrence - Runs for about 8 months - FULL - Next Series in Fall 2024	Shelf-Help Hour Book Club @ 3:00p – 4:30p with Kass - NEW - NO LONGER HYBRID AS OF MARCH - Email Kass at kdivenanzo@cmhaww.ca if interested and to receive a copy of the book and link.	Peers for Safer Living @ 2:00p – 3:30p with Skills for Safer Living Facilitators - 10-week group held on an ongoing basis. <ul style="list-style-type: none"> To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4061. Virtual Riding the Waves of Emotion @ 2:00p – 3:30p with Katrina & Nancy - 16-week closed group - Registration closed.	DBT Skills Peer Support Skills Refresher @ 1:00p – 2:30p with Lawrence. Requirement: Having attended a full series of DBT Skills Peer Support. 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.	NO GROUPS MARCH 29 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.
In Person				
	Kitchener Knitting and Crochet Group @ March 27 from 1:30-3:30pm with Nancy - NEW MONTHLY GROUP - 67 King St E. <ul style="list-style-type: none"> Registration is needed as space is limited. Email nflewelling@cmhaww.ca. 			

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

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person - Guelph	Virtual	
Illustrated Journaling – March 4 from 1:30p - 3:30p Leap Write In - March 11 from 1:30p - 3:30p Artist Meet and Greet - March 18 from 1:00p-3:00p	Lettering 101 – March 5 from 1:30p-3:30p Needle Felted Llamas – March 12 & 19 from 1:30p-3:30p Artist Meet and Greet (In Person) – March 26 from 1:30p - 3:30p	Nature Journaling Series - March 6 & 13 from 1:30p - 3:30p Neurographic Art – March 20 from 1:30p - 3:30p Artist Meet and Greet (In Person) – March 27 from 1:30p - 3:30p	The Writing Life – March 7 from 3:30p -5:00p ART WORKS FOR MENTAL HEALTH ART GALA! March 28 from 6:30p - 9:00p	

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.

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 workshop, registered participants will be notified via email as soon as possible.

Artist Chat (Virtual) - Come join us for our last two artist chats leading up to the "Art Works for Mental Health Art Gala." These two sessions will be for artists who will be displaying art at the gala and are intended to address any concerns or excitement you might have about being part of the gala, boosting your confidence, and getting to know who else will be there!

Artist Meet and Greet (In-Person) - The journey to showcasing your talent can be both exhilarating and nerve-wracking. That's why we're hosting a unique meet and greet to provide a supportive space where artists taking part in the art gala can come together, share your anxieties and excitement, and connect with peers who understand your journey. Whether you're feeling overwhelmed, excited, or a mix of emotions, you're not alone. Don't miss out on this valuable opportunity to connect, share, and support one another before the big day! Let's gather and empower each other on our artistic journeys. See you there!

Illustrated Journalling - (Usually) On the first Monday of each month, 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 through creative writing!

Lettering 101 - If you have ever wanted to integrate lettering into your art and you don't know where to start, join us as well learn a few different styles of lettering, including faux calligraphy!

Nature Journal Series (5 Parts) - Discover the therapeutic benefits of nature with Heidi, horticultural therapist from the Guelph Enabling Garden. Immerse yourself in a unique workshop series where you'll create a captivating nature journal using materials sourced directly from the natural world. Participants are asked to attend all five workshops in the series to complete their project and fully benefit from the experience.

Needle-Felted Llamas - Learn the basics of the fibre art known as "needle felting" by creating a 3-dimensional llama!

Neurographic Art - Neurographic art is a simple way to work with the subconscious mind through drawing. This creative method stimulates new neural pathways by combining art and psychology. Neurographic artists know this type of art is a way to transform one's stress and fear by drawing freeform lines and then later using a specific algorithm to transform the stress into a beautiful work of art.

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!

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.

Alienated Together – Have you ever, or are you currently experiencing familial alienation? If you are a parent dealing with alienation due to a co-parent situation, an alienated grandparent, or have been alienated from your family as a child, you may find validation and connection in this space where you can come and discuss how this is impacting your life today. To join group please email: dwatterson@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. 6 sessions per week

- Cambridge In person - staff facilitator email Denise at dwatterson@cmhaww.ca
- Kitchener in person and Thursday virtual - staff facilitator email Nancy at nfwelling@cmhaww.ca
- Tuesday evening virtual group staff facilitator email Farah at flahens@cmhaww.ca
- Guelph in person and Wednesday virtual - staff facilitator email Allison at apurdy@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. Staff facilitator email Allison at apurdy@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.

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 Farah at flahens@cmhaww.ca.

Cambridge Creative Connections – A creative group where you can bring your craft projects from home, share a cup of coffee, and chat with the participants. There will be discussion about how the group will evolve and change to the needs of those who attend. Staff facilitator email Denise at dwatterson@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 – 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. Cambridge in-person Staff email: Denise at dwatterson@cmhaww.ca. Virtual session Staff email: Allison at apurdy@cmhaww.ca.

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.

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

Program Descriptions

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 Allison at apurdy@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 missingpersons@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. Staff facilitator email Allison at apurdy@cmhaww.ca.

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. Staff facilitator email Allison at apurdy@cmhaww.ca.

Gender Journeys - A peer support led group where participants will talk on topics such as coming out to families, the transition process, ID change, all the way through to mental health issues that come up with transitioning. This group is open to all those who identify as trans and non-binary. Staff facilitator email Kass at kdivenanzo@cmhaww.ca. - NEW HYBRID GROUP

Guelph Qi Gong (new name) - Wear comfortable clothing and join us as we explore gentle movement to improve physical, mental, emotional, and spiritual wellbeing. Qigong is a branch of Traditional Chinese Medicine that sees the mind and body as interconnected - moving the body can improve all aspects of our health. All movements can be done standing or modified sitting in a chair and do not need any equipment.

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 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. 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 over 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. Staff facilitator email Katei at kbillings@cmhaww.ca

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! Staff facilitator email Farah flahens@cmhaww.ca.

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 Richard at rbelcher@cmhaww.ca.

Kitchener Experiencing Disability – This is a group for people who identify as living with a permanent condition which in some way causes them to experience significant limitations to their physical, sensory, cognitive or mental functioning. A disability may be visible or non visible and questions about participants disabilities will not be asked. In this group people are able to self-identify and share as much or as little about their personal experience of living with a disability as they like. Some themes that will be explored in this open conversation peer support group might include: Experiencing stigma and discrimination, barriers to education and employment, ableism, change in self-identity, effects of disability on mental health, relying on others for assistance and support and other related topics. We'll also discuss adapting to challenges and moments of success and hope. Staff Facilitator email Richard at rbelcher@cmhaww.ca. - **NEW IN-PERSON GROUP**

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. Staff facilitator email Nancy at nflewelling@cmhaww.ca.

Program Descriptions

Kitchener Knitting and Crochet Group – This is a group for new and experienced knitters and crocheters. Participants will meet once a month to enjoy learning new stitches and social time. If you don't have knitting needles or crochet hooks, no worries, materials can be provided. *Registration is required as space is limited.* Staff facilitator email Nancy at nflewelling@cmhaww.ca.
- 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 and 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.

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. 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. *Registration closes January 31, 2024.* Staff facilitator email Nancy at nflewelling@cmhaww.ca.

Recovery & Wellness - NEW GROUP - The power of peer-to-peer support in mental health and substance use recovery is incredible. Our new virtual group Recovery & Wellness offers positive reinforcement and consistency for those living within recovery through engaging discussions and activities. Virtual – staff facilitator email Kass at kdivenanzo@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.

- Virtual - staff facilitator email Nancy at nflewelling@cmhaww.ca
- Guelph in person - staff facilitator email Allison at apurdy@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 email Nancy at nflewelling@cmhaww.ca.

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. - NOW AN ENROLLED VIRTUAL GROUP.

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.