

Self Help and Peer Support Screen Reader Accessible Group Calendar April 2024

Drop-In Group Schedule (see below Spark of Brilliance schedule and workshop descriptions for individual Self Help & Peer Support group descriptions)

CANCELLATIONS: Planned cancellations are noted below with the affected groups. 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

Mondays

Neurodivergent Peer Support Group

- 10:00am to 11:30am with Katie
- Virtual
- bit.ly/4671jCD
- (833) 819-8075 & ID: 226 479 919#

Chronic Pain & Mental Health Peer Support

- 1:00pm to 2:30pm with Cynthia and Allison
- Virtual
- bit.ly/48KLT8L
- (833) 819-8075 & ID: 948 187 482#

Intimate Relationships - Building Healthy Relationships

- 1:30pm to 2:30pm with Katie
- Virtual
- bit.ly/3SIKEHZ
- (833) 819-8075 & ID: 178 641 540#

NEW WEEKLY IN PERSON GROUP

Kitchener Knitting and Crochet Group with Hillary and Jen

- 1:30-3:00 pm
- 67 King St E.
- Email Nancy at nflewelling@cmhaww.ca

Cambridge Intentional Living: Holistic Wellness for Mental Health **NO GROUP APRIL 1st**

- 1:30pm to 3:00pm with Kass
- In Person
- 9 Wellington St., Cambridge

Dissecting BPD - **NEW GROUP**

- 1:30pm to 2:30pm with Denise
- Virtual
- bit.ly/4aozskd
- (833) 819-8075 & ID: 795 736 907#

Borderline Personality Disorder Peer Support - **RETURNING GROUP**

- 3:00pm to 4:00pm with Denise
- Virtual
- bit.ly/4aozskd
- (833) 819-8075 & ID: 795 736 907#

Cambridge Stay and Play

- 3:00pm to 4:30p with Kass and Michael
- In Person
- 9 Wellington St., Cambridge

Alternate Realities

- 3:00pm to 4:30pm with Katie
- Virtual
- bit.ly/44J2w20
- (833) 819-8075 & ID: 751 538 535#

Supporting the Supporter

- 6:00p to 7:30pm with Kass
- Virtual
- bit.ly/3Lp5uSr
- (833) 819-8075 & ID: 635 398 705#

Tuesdays

Cambridge Mind over Mood

- 9:30am to 11:00am with Denise
- In Person
- 9 Wellington St., Cambridge

Self-Esteem

- 10:30am to 12:00pm with Nancy
- Virtual
- bit.ly/3RBhzX5
- (833) 819-8075 & ID: 242 025 896#

Cambridge Walking Group

- 11:00am to 12:00pm with Michael & Denise
- In Person
- Meet outside office at 9 Wellington St., Cambridge

Kitchener Games Group

- 12:30pm to 2:30pm with Rob & John
- In person
- 67 King St E., Kitchener

I'm the Angry One

- 1:00pm to 2:30pm with Norm & Farah
- Virtual
- bit.ly/48dm7u2
- (833) 819-8075 & ID: 106 756 019#

Cambridge Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:00pm with Denise
- In Person
- 9 Wellington St., Cambridge

Kitchener Anxiety, Depression & Hope Peer Support

- 1:30pm to 3:30pm with Daniel & Katrina
- In person
- 67 King St E., Kitchener

Kitchener Open-Share

- 1:30pm to 3:00pm with Nancy
- In person
- 67 King St E., Kitchener

Buried in Treasures Peer Support

- 3:00pm to 4:30pm with Farah
- Virtual
- Email flahens@cmhaww.ca to join.

Anxiety Depression & Hope Peer Support

- 7:00pm to 8:30pm with Farah
- Virtual
- bit.ly/3tVfv45
- (833) 819-8075 & ID: 459 153 651#

Wednesdays

Cambridge Creative Connections **NEW GROUP**

- 9:30am to 11:00am with Denise and Jennifer
- In Person
- 9 Wellington St., Cambridge

Kitchener Walking Group

- 11:30am to 12:30pm with Farah, Rob, & John

- In Person
- Speaker's Corner in front of 67 King Street E., Kitchener

Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:30pm with Lawrence
- Virtual
- bit.ly/3ROPixo
- (833) 819-8075 & ID: 835 740 815#

Gender Journeys **NEW EMAIL** kdivenanzo@cmhaww.ca for link

- 1:30pm to 2:30pm with Michael
- Virtual

Kitchener Experiencing Disability

- 1:30pm to 2:30pm with Richard – NEW HYBRID GROUP
- Virtual and in person
- bit.ly/4b5k64J
- (833) 819-8075 & ID: 549 867 027#
- 67 King St East, Kitchener

Kitchener Destressifying

- 3:00pm to 4:00pm with John
- In Person
- 67 King St E., Kitchener

Guelph Anxiety, Depression & Hope Peer Support

- 3:30pm to 4:30pm with Allison
- In Person
- 80 Waterloo Ave., Guelph

Afro Caribbean Black Mental Health Support Group

- 6:00pm to 7:30pm with Farah
- Virtual
- Email flahens@cmhaww.ca to join.

Coping with a Missing Person

- 7:30pm to 8:30pm with Maureen & Cindy – NEW TIME
- Every other week (**April 10th & 24th**)
- Email missingpersons@rogers.com to join.

NEW BIWEEKLY GROUP and PARTNERSHIP with Together: for Perinatal Mental Health

Perinatal Mental Health Peer Support Circle

- 7:30pm-8:30pm with Lisette & Laura
- Virtual
- Every other week (April 3 and 17)
- Email Lisette at info@togetherwaterloo.ca for connection details

Thursdays

Self-Compassion

- 10:30am to 12:00pm with Nancy & Brenda
- Virtual
- bit.ly/3RQTk8q
- (833) 819-8075 & ID: 147 583 007#

Recovery & Wellness **NEW GROUP**

- 11:00am to 12:00pm with Kass
- Virtual
- bit.ly/3PkQoj5
- (833) 819-8075 & ID: 829 947 043#

Healing Journey Through Grief & Loss (**FORMERLY Help for The Hurting Heart**)

- 2:30pm to 4:00pm with Farah & Gloria **NEW TIME**
- Virtual
- bit.ly/3ZfIStk
- (833) 819-8075 & ID: 457 730 624#

Alienated Together - NEW GROUP

- 1:00pm to 2:30pm with Hillary & Denise -
- Virtual
- Email dwatterson@cmhaww.ca to join.

Kitchener Bowling Group

- 1:00pm to 2:00pm with John & Rob (**April 4 & 11th BOWLING AT 11AM**)
- In Person
- Victoria Bowl, 280 Victoria St S, Kitchener

Guelph Walk & Talk

- 1:30pm to 2:30pm with Tonya
- In Person
- Royal City Park (at the gazebo), Guelph

Anxiety Depression & Hope Peer Support

- 2:30pm to 3:30pm with Nicole and Nancy - **RETURNING GROUP - NEW TIME**
- Virtual
- bit.ly/4b5nTPs
- (833) 819-8075 & ID: 223 651 397#

The Urge

- 6:30pm to 7:30pm with Hillary & Denise
- Virtual
- bit.ly/3EAYDI6
- (833) 819-8075 & 412 798 513#

Bipolar Disorder Peer Support Group

- 7:00pm to 9:00p with Maynard & Gloria
- Virtual
- bit.ly/3tV1N1b
- (833) 819-8075 & ID: 508 724 285#

Fridays – No groups March 29

Guelph Qi Gong

- 9:30am to 10:30am with Lisa
- In Person
- 80 Waterloo Ave

The Connection Reflexion

- 10:00am to 11:30am with Denise and Tonya
- Virtual
- bit.ly/47clhvg
- (833) 819-8075 & ID: 708 523 029#

Guelph Self Compassion

- 10:30am to 11:45a with Amanda, Heather & Allison
- In Person
- 80 Waterloo Ave., Guelph

Boundaries & Assertiveness

- 11:30 am to 12:30pm with Farah **NEW TIME**
- Virtual
- bit.ly/3MiFVTp
- (833) 819-8075 & ID: 202 485 243#

Mental Health & Wellness Skills

- 1:00pm to 2:00pm with Colene
- Virtual
- bit.ly/48En3H6
- (833) 819-8075 & ID 213 570 692#

Abstinence Not Required Substance Use Support Group

- 3:00pm to 4:00pm with Farah
- Virtual
- bit.ly/3SiNn4U
- (833) 819-8075 & ID: 581 255 512#

Cambridge Meditation

- 3:00pm to 4:00pm with Kass
- In Person
- 9 Wellington St., Cambridge

Enrolled Group schedule

Mondays

Virtual Mind Over Mood Peer Support

- @ 3:00p- 4:30p with Lawrence
- Runs for about 8 months.
- FULL
- (Next series Fall 2024)

Tuesdays

No enrolled groups on Tuesdays

Wednesdays

Virtual 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 skillsforsafelivingteam@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)

CLOSED

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

(March 7 and 21) @ 1:00p – 2:30p with Lawrence

Requirement: Having attended a full series of DBT Skills Peer Support

Virtual 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.

Fridays NO GROUPS MARCH 29

Virtual 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.

Spark of Brilliance groups

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.

Planned Spark of Brilliance cancellations are noted on the calendar grid. If we need to unexpectedly cancel a workshop, registered participants will be notified via email, as soon as possible.

Monday (Virtual)

Illustrated Journaling

April 8 from 1:30-3:30 p

Leap Write In

April 15 from 1:30-3:30 p

Drawing: Studying the Masters

April 22 from 1:30-3:30 p

Art for Self-Care

April 29 from 1:30-3:30 p

Tuesday (Kitchener)

In Progress

April 2 from 1:30-3:30 p.m.

Design a Colouring Book

April 9 & 16 from 1:30-3:30 p

Colour Theory Painting ½

April 23 from 1:30-3:30 p

Wednesday (Guelph)

In Progress

April 3 from 1:30-3:30 p

Nature Journaling Series (Workshops 3-5)

April 10, 17 & 24 from 1:30-3:30 p

Thursday

The Writing Life

April 4 from 3:30-5:00 p

Friday

No workshops on Friday

Spark of Brilliance Group Descriptions

Colour Theory Painting

During this two-part workshop we will use elements of colour theory including value; monochromatic, complimentary, and analogous colours to create an acrylic painting.

Design a Colouring Book

Together, during our first workshop, we will each design a “Home” themed colouring book page that will then be assembled into a colouring book. At the second workshop, we will learn specific colouring and shading techniques using pencil crayons to colour a page in our books.

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!

In Progress

When it comes to your art, do you spend more time procrastinating than creating? Do you find you don’t set time aside to work on existing projects? During “In Progress” we will gather to work on our on-the-go projects, offer each other support on getting through creative blocks and bumps, and of course take time to make art! Remember to bring the supplies along that you will need to work on your project during the workshop time.

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!

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.

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 experiment with various forms of writing, including fiction, creative non-fiction, poetry, and letters, taking inspiration from writers past and present, from all around the world. We will share our work with one another when we feel inspired and comfortable doing so and provide supportive feedback, exploring our natural curiosity and instincts. Writing can be a self-care practice, as well as a vehicle for social change - your words are powerful!

Self Help & Peer Support Drop In and Enrolled Group Descriptions (in alphabetical order)

Abstinence Not Required Substance Use Support

- An open discussion, harm reduction focused on 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

- Our Afro-Caribbean Black Mental Health Support Group is a space where we come together to acknowledge the unique tapestry of our shared experiences. Our souls, rich with melanin, understand the impact of cultural winds and societal storms on our mental well-being. In this safe and supportive community, we weave our stories into a vibrant quilt of resilience. We shared coping secrets like ancestral whispers carried on the breeze. Our goal is mutual upliftment, and we rise hand in hand. We honour our Afrocentricity and recognize that our roots run deep, connecting us together as we strive towards healing, guided by the rhythm of our hearts. 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](mailto:d watterson@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/tactile), 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 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 nflewelling@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

Borderline Personality Disorder Peer Support

- Join us in supporting each other with compassion through common experience and sharing information, validation, and hope. You do not need a formal diagnosis to attend. Staff facilitator email Denise at dwatterson@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-judgmental and comfortable environment where the above can be discussed and explored. Staff facilitator email Allison at apurdy@cmhaww.ca.

Boundaries & Assertiveness Support Group

- In this group, we learn the importance of setting healthy boundaries and being assertive while maintaining our mental and emotional well-being. We understand that these skills can sometimes be challenging, especially within various contexts. Here, you'll find peers who share your experiences. It's where we learn to express our needs and wants in a respectful and assertive manner, while supporting each other towards improving boundary-setting and assertiveness. Staff facilitator email Farah at flahens@cmhaww.ca.

Buried in Treasures Peer Support

- Our peer support group provides a supportive environment for individuals struggling with urges to collect, save, and organize belongings. We aim to decrease stigma "hoarding" by fostering understanding and empathy. Participants come together to share experiences, offer support, and create a safe space for healing. 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 colouring sheets and markers available for those who would like to attend, but don't have a craft started at home. 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](mailto:d watterson@cmhaww.ca) . Virtual session Staff email: Allison at apurdy@cmhaww.ca

Cambridge Walking Group

- Join us 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](mailto: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. Staff facilitator email Kass at kdivenanzo@cmhaww.ca.

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](mailto:d watterson@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.

Dissecting BPD

- BPD does not have to define you. A virtual group for those who are interested in learning about Borderline Personality Disorder from a peer perspective. Let's discuss skills to manage feelings of abandonment and emptiness, interpersonal relationships, unstable or negative self-image, and experiences of dissociation. We will look at different evidence-based approaches to gain a greater understanding of BPD, uncover emotional charges, and discover what motivates you towards change. You do not need a formal diagnosis to attend. Staff facilitator email Denise at dwatterson@cmahww.ca

Gender Journeys

- A virtual 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.

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 tevens@cmhaww.ca.

Healing Journey Through Grief & Loss

- The Healing Journey Through Grief & Loss is a supportive peer group created for individuals navigating various forms of loss. Whether you've experienced the loss of a loved one, a job, a relationship, a pet, your home, or your health, this group offers a safe and empathetic space. Here, you can openly share your emotions, connect with others who truly understand, and find comfort during your grief journey and share coping strategies. Staff facilitator email Farah flahens@cmhaww.ca.

I'm the Angry One

- Welcome to "I'm the Angry One", a compassionate peer group where we embrace and understand anger together. We're here to explore anger, an emotion we all experience but can sometimes overwhelm us. Mismanaged anger can cause stress and harm relationships. In this group, you'll find peers who share your experiences. A safe space where we uncover what fuels our anger. Share personal stories and coping methods learn to express and manage anger in healthier ways and support each other on our journey towards improved anger management. 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, breakups, 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 Katie at kbillings@cmhaww.ca

Kitchener Bowling Group

- This group meets every Thursday 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 HYBRID 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.

Kitchener Knitting and Crochet Group

- This is a group for new and experienced knitters and crocheters. Participants will meet weekly to enjoy learning new stitches and social time. If you don't have knitting needles or crochet hooks, no worries, materials can be provided. 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 Colene callen@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.

NEW PARTNERSHIP: Perinatal Mental Health Peer Support Circle (from Together: For Perinatal Mental Health)

- A virtual space for expectant and new parents to connect with others who are going through similar experiences. Come for emotional support, reduce isolation, and create a sense of community with others on their parenting journey. It's a drop-in program so feel free to join when you are able! For connection details, email Lisette at info@togetherwaterloo.ca.

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. 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.

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.