

Drop In Self Help & Peer Support Groups

Listen to our [podcast!](#)

May 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>NO GROUPS MAY 20</p> <p>Neurodivergent Peer Support Group @ 10:00a - 11:30a with Katie • bit.ly/4671JCD • (833) 819-8075 & ID: 226 479 919#</p> <p>Chronic Pain & Mental Health Peer Support @ 1:00p - 2:30p with Cynthia and Allison • bit.ly/48KLT8L • (833) 819-8075 & ID: 948 187 482#</p> <p>Dissecting BPD @ 1:30p - 2:30p with Denise - NEW GROUP • bit.ly/4aozskd • (833) 819-8075 & ID: 795 736 907#</p> <p>Borderline Personality Disorder Peer Support @ 3:00p - 4:00p with Denise - RETURNING GROUP • bit.ly/4aozskd • (833) 819-18075 & ID: 795 736 907#</p> <p>Alternate Realities @ 1:30-2:30p with Katie - NEW TIME • bit.ly/44J2w20 • (833) 819-8075 & ID: 751 538 535#</p> <p>Supporting the Supporter @ 6:00p - 7:30p with Kass • bit.ly/3Lp5uSr • (833) 819-8075 & ID: 635 398 705#</p>	<p>Self-Esteem @ 10:30a - 12:00p with Nancy • bit.ly/3RBhzX5 • (833) 819-8075 & ID: 242 025 896#</p> <p>I'm the Angry One @ 1:00p - 2:30p with Norm & Farah • bit.ly/48dm7u2 • (833) 819-8075 & ID: 106 756 019#</p> <p>Buried in Treasures Peer Support @ 3:00p - 4:30p with Farah • Email flahens@cmhaww.ca to join.</p> <p>Anxiety Depression & Hope Peer Support @ 7:00p - 8:30p with Farah • bit.ly/3tVfv45 • (833) 819-8075 & ID: 459 153 651#</p>	<p>Anxiety, Depression and Hope Peer Support @ 1:30p - 3:30p with Lawrence • bit.ly/3ROpixo • (833) 819-8075 & ID: 835 740 815#</p> <p>Gender Journeys @ 1:30p-2:30p with Michael - EMAIL kdivenanzo@cmhaww.ca for link.</p> <p>Kitchener Experiencing Disability @ 1:30p-2:30p with Richard - NEW HYBRID GROUP • bit.ly/4b5k64j • (833) 819-8075 & ID: 549 867 027#</p> <p>Afro Caribbean Black Mental Health Support Group @ 6:00p - 7:30p with Farah • Email flahens@cmhaww.ca to join.</p> <p>Coping with a Missing Person - NEW TIME @ 7:30p - 8:30p with Maureen & Cindy (Every other week - May 8 and 22) • Email missingpersons@rogers.com to join.</p> <p>NEW BIWEEKLY GROUP and PARTNERSHIP with Together: for Perinatal Mental Health - Perinatal Mental Health Peer Support Circle @ 7:30p - 8:30p with Lisette & Laura (Every other week - May 1, 15 and 29) • Email Lisette at info@togetherwaterloo.ca for connection details.</p>	<p>Self-Compassion @ 10:30a - 12:00p with Nancy & Brenda • bit.ly/3RQTk8q • (833) 819-8075 & ID: 147 583 007#</p> <p>Alienated Together @ 1:00p - 2:30p with Hillary & Denise - NEW GROUP • Email dwatterson@cmhaww.ca to join.</p> <p>Anxiety Depression & Hope Peer Support @ 2:30p - 3:30p with Nancy & Nicole - RETURNING GROUP - NEW TIME • bit.ly/4b5nTPs • (833) 819-8075 & ID: 223 651 397#</p> <p>Healing Journey Through Grief & Loss @ 2:30-4:00p with Farah and Gloria • bit.ly/3Zf1Stk • (833) 819-8075 & ID: 457 730 624#</p> <p>The Urge @ 6:30p - 7:30p with Hillary & Denise • bit.ly/3EAYD16 • (833) 819-8075 & ID: 412 798 513#</p> <p>Bipolar Disorder Peer Support Group @ 7:00p - 9:00p with Maynard & Gloria • bit.ly/3tV1N1b • (833) 819-8075 & ID: 508 724 285#</p>	<p>The Connection Reflexion @ 10:00a - 11:30a with Denise and Tonya • bit.ly/47clhvg • (833) 819-8075 & ID: 708 523 029#</p> <p>Boundaries & Assertiveness @ 11:30am - 12:30p with Farah - NEW TIME • bit.ly/3MiFVTp • (833) 819-8075 & ID: 202 485 243#</p> <p>Mental Health & Wellness Skills @ 1:00p - 2:00p with Colene • bit.ly/48En3H6 • (833) 819-8075 & ID: 213 570 692#</p> <p>Abstinence Not Required Substance Use Support Group @ 3:00p - 4:00p with Farah • bit.ly/3SiNn4U • (833) 819-8075 & ID: 581 255 512#</p>
In Person				
<p>NO GROUPS MAY 20</p> <p>Kitchener Knitting and Crochet Group @ 1:30p - 3:00p with Hillary and Jen 67 King St E Email Nancy at nflewellington@cmhaww.ca</p> <p>Cambridge Intentional Living: Holistic Wellness for Mental Health @ 1:30p - 3:00p with Kass 9 Wellington St.</p> <p>Cambridge Stay and Play @ 3:00-4:30p with Kass and Michael 9 Wellington St.</p>	<p>Cambridge Mind over Mood @ 9:30a-11:00a with Denise - 9 Wellington St.</p> <p>Cambridge Walking Group @ 11:00a-12:00p with Michael & Denise - Meet outside office at 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 - 11:00a with Denise and Jennifer - NEW GROUP - 9 Wellington St. - on May 15 we will be doing a registered workshop "Create a Journal Cover". Description found below. To register contact Denise at dwatterson@cmhaww.ca.</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, 280 Victoria St S, Kitchener</p> <p>Guelph Walk & Talk @ 1:30p-2:30p with Tonya - Royal City Park (at the gazebo), Guelph</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!](#)

May 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>NO GROUPS MAY 20</p> <p>Mind Over Mood Peer Support @ 3:00p- 4:30p with Lawrence - Runs for about 8 months - FULL - Next Series in Fall 2024</p>	<p>No enrolled groups on Tuesdays</p>	<p>Peers for Safer Living with Skills for Safer Living Facilitators - 10-week group held on an ongoing basis.</p> <ul style="list-style-type: none"> To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4061. <p>Virtual Riding the Waves of Emotion @ 2:00p -3:30p with Katrina & Nancy - 16-week closed group - Registration closed.</p> <p>Virtual Riding the Waves of Emotion PART 2 @ 2:00p -3:30p with Katrina & Nancy - Beginning June 12 for 6 weeks - REGISTRATION OPEN. Email Nancy at nflewelling@cmhaww.ca.</p>	<p>DBT Skills Peer Support Skills Refresher @ 1:00p – 2:30p with Lawrence. Requirement: Having attended a full series of DBT Skills Peer Support.</p> <p>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.</p>	<p>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.</p>
In Person				

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

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person - Guelph	Virtual	
<p>Illustrated Journaling – May 6 from 1:30p - 3:30p</p> <p>Drawing: Studying the Masters - May 13 from 1:30p - 3:30p</p> <p>Art for Self Care - May 27 from 1:30p - 3:30p</p>	<p>Colour Theory Painting 2/2 - May 7 from 1:30p - 3:30p</p> <p>Shape Interpretation - May 14 from 1:30-3:30p</p> <p>Surreal Mixed Media - May 21 from 1:30-3:30p</p> <p>Introduction to Artist Trading Cards - May 28 from 1:30-3:30p</p>	<p>Nature Journaling Series (Workshops 4-5) - May 8 and 15 from 1:30p - 3:30p</p> <p>Needle Felted Llamas - May 22 and 29 from 1:30-3:30p</p>	<p>Leap Write In - May 9 from 1:30-3:30p</p> <p>The Writing Life – May 16 from 3:30p - 5:00p</p>	No workshops on Friday

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.

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.

Drawing: Studying the Masters - This monthly workshop will focus 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 ALPHONSE MUCHA.

Illustrated Journaling - Our last workshop in this series of 28-months. 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!

Introduction to Artist Trading Cards (ATCs) - ATCs are small, trading-sized artworks (typically 2.5 x 3.5 inches) that are created to be exchanged among artists. Despite their small size, ATCs offer endless creative possibilities and provide a unique platform for self-expression. In this workshop, you'll learn everything you need to know to get started with ATCs, from selecting the right materials to exploring various techniques and styles. Whether you're a seasoned artist or a curious beginner, you'll find that ATCs offer a satisfying creative outlet that's both accessible and rewarding.

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.

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 - Take a break from the drama! Needle-felt a llama! Join us as we make a llama while we experience the relaxing art of needle felting. No experience necessary—only curiosity required. If you can, come prepared with a llama pun! NOTE: If you are allergic to wool, we will have alternative fibre to use.

Shape Interpretation - Get ready for a playful and adventurous workshop where we'll dive into the realm of shape interpretation and celebrate our unique perspectives! Join us as we embark on a journey of creativity and collaboration, exploring the endless possibilities hidden within simple shapes. No experience necessary—just the courage to be curious!

Surreal Mixed Media - Let's embark on a journey into the realm of surrealism with our upcoming mixed media collage workshop! Get ready to explore the unexpected and push the boundaries of traditional art as we create unique and whimsical pieces together. In this workshop, participants will have the opportunity to let their imaginations run wild as they combine randomly selected collage elements to craft surreal compositions. An eclectic assortment of "bits and bobs" will be provided to spark your creativity. However, don't hesitate to bring along any ephemera you have at home that you'd like to incorporate into your artwork – the more diverse, the better!

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!

Program Descriptions

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: 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/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 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 d watterson@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 d watterson@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 d watterson@cmhaww.ca.

- On May 15th we will be doing a workshop: “Create a Journal Cover.” All supplies will be provided including the journal. This will be a registered workshop with 8 participants who will be accepted on a first come first served basis. To register contact Denise at d watterson@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 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 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.

Program Descriptions

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.

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@cmhaww.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 tevans@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.

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 at 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.

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. 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 PART 2 - We will be continuing the adventure of exploring emotions. For anyone who has ever participated in Riding the Waves of Emotion (Part 1) you are welcomed to sign up for this Part 2 six-week virtual 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.