

Self Help and Peer Support Screen Reader Accessible Group Calendar August 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 **No groups August 5**

NEW GROUP: Cambridge Mindfulness

- 10:00 am to 11:00 am with Colene
- In-person
- 9 Wellington St., Cambridge

Neurodivergent Peer Support Group

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

RETURNING GROUP AT NEW DAY & TIME: Cambridge Anxiety, Depression & Hope Peer Support

- 11:30 am to 12:30 pm
- In-person
- 9 Wellington St., Cambridge

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 nflewell@cmhaww.ca

Alternate Realities

- 1:30-2:30 pm with Katie
- Virtual
- bit.ly/44J2w20

- (833) 819-8075 & ID: 751 538 535#

Supporting the Supporter – NEW LINK

- 6:00p to 7:30pm with Nancy
- Virtual
- bit.ly/3WDoCLV
- (833) 819-8075 & ID: 371 549 984#

Tuesdays

Self-Esteem

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

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 Gloria & Farah - NEW LINK
- Virtual
- <https://bit.ly/3zrU11d>
- Phone conference ID: 164 053 634#

NEW IN PERSON GROUP: Mt. Forest Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:00pm with Lawrence
- In Person
- 392 Main St. North, Mt. Forest (group room across hallway from CMHA reception)

Kitchener Anxiety, Depression & Hope Peer Support

- 1:30pm to **3:00pm** with Daniel & Katrina
- In person
- 67 King St E., Kitchener

NEW IN PERSON GROUP: Guelph Games Group

- 1:30pm – 2:30pm with Amanda and Allison
- In Person
- 80 Waterloo Ave., Guelph

Kitchener Open-Share

- 1:30pm to 2:30pm 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 - NEW LINK

- 7:00pm to 8:30pm with Farah
- Virtual
- **Aug 13 & 27th**
- <https://bit.ly/3RllsJg>
- Phone conference ID: 949 992 347#

Wednesdays

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 – No group August 7 – NEW LINK

- 1:30pm to 3:30pm with Lawrence
- Virtual
- <https://bit.ly/4fjPPBd>
- (833) 819-8075 & ID: 617 321 551#

Gender Journeys

- 1:30pm to 2:30pm with Michael
- **Now only Virtual**
- email nflewelling@cmhaww.ca for link

Kitchener Experiencing Disability (HYBRID)

- 1:30pm to 2:30pm with Richard
- 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

Healing Journey Through Grief & Loss- NEW DAY & TIME NEW LINK

- Every 1st & 3rd Wednesday 3:30-4:30pm with Gloria & Farah

- Virtual
- **Aug 7th & 21st**
- <https://bit.ly/3VVQcdB>
- Phone conference ID: 566 290 936#

Guelph Anxiety, Depression & Hope Peer Support **No group August 7**

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

Afro Caribbean Black Mental Health Support Group - NEW TIME

- 6:30pm to 8:00 pm with Farah
- Virtual
- Email flahens@cmhaww.ca to join.

Coping with a Missing Person

- 7:30pm to 8:30pm with Maureen & Cindy
- Virtual
- Every other week **Aug 14 & 28th**
- Email missingpersons@rogers.com to join.

Thursdays

Self-Compassion

- 10:30am to 12:00pm with Nancy
- Virtual
- bit.ly/3RQTK8q
- (833) 819-8075 & ID: 147 583 007#

Alienated Together - **NEW LINK**

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

NEW GROUP: Kitchener Keeping on Track

- 1:00-2:00 pm with Richard
- In-person
- 67 King St East, Kitchener

Kitchener Bowling Group

- 1:00pm to 2:00pm with John & Rob
- In Person
- Victoria Bowl, 280 Victoria St S, Kitchener

Anxiety Depression & Hope Peer Support

- 2:30pm to 3:30pm with Nancy

- Virtual
- bit.ly/4b5nTPs
- (833) 819-8075 & ID: 223 651 397#

Boundaries & Assertiveness - NEW LINK

- 3:30 pm to 4:30pm with Gloria & Farah
- Virtual
- <https://bit.ly/3VXVeWY>
- Phone conference ID: 222 596 520#

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

Guelph Qi Gong - NEW LOCATION IN NICE WEATHER –No group August 9

- 9:30am to 10:30am with Lisa
- In Person
- If nice weather: Bring your own chair and meet at Silver Creek Park 142 Edinburgh Rd. South (southeast corner of Edinburgh Rd South and Wellington St) There is free parking.
- If raining: 80 Waterloo Ave., Guelph, Room G02/G04

Guelph Self Compassion

- 10:30am to 11:45am with Amanda, Heather & Allison
- In Person
- 80 Waterloo Ave., Guelph, Room G02/G04

Returning group at new time and day: Cambridge Mind Over Mood

- 10:30am to 11:30am
- In-person
- 9 Wellington St., Cambridge.

Mental Health & Wellness Skills

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

Kitchener Self-Calming through the 5 senses

- 1:30-2:30pm with Katrina
- In-person
- 67 King Street E, Room 121

Abstinence Not Required Substance Use Support Group - NEW LINK

- 3:00pm to 4:00pm with Farah
- Virtual
- <https://bit.ly/3VYr99C>
- Phone conference ID: 298 076 099#

Enrolled Group schedule

Mondays

No enrolled groups on Mondays

Tuesdays

No enrolled groups on Tuesdays

Wednesdays

Virtual Peers for Safer Living

10-week group for those who have completed the 20 week group.

To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063.

Virtual Riding the Waves of Emotion

2:00p –3:30p with Katrina & Nancy

September – December (dates to be announced)

REGISTRATION IS OPEN

Email Nancy at nflewellling@cmhaww.ca

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

@ 1:00p – 2:30p with Lawrence

August 1st & 15th

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

Virtual DBT Skills Peer Support **No group August 8**

@ 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 –

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.

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)

No workshop on August 5 & 12

Leap Write In

August 19 from 1:30-3:30 p

Art for Self-Care

August 26 from 1:30-3:30 p

Tuesday (Kitchener)

No workshop on August 6 & 13

Imperfect Portraits

August 20 & 21 from 1:30-3:30 p

Wednesday (Guelph).

No workshop on August 14

Ecodyeing with Julia Masci @ GEG

August 7 from 1:30-3:30 p

Nature Resin @ GEG

August 21 from 1:30-3:30 p

In Progress and ATC Session

August 28 from 1:30-3:30 p

Thursday

The Writing Life

August 1 from 3:30-5:00 p

Friday

No workshops on Friday

Spark of Brilliance Group Descriptions

Art for Self Care

Discover the world of artist trading cards (ATCs) in this interactive workshop! Whether you're a seasoned artist or just starting out, join us for a fun and creative session where you'll learn the basics of ATCs, exchange techniques, and create your own unique cards to trade with fellow participants.

Guelph Enabling Garden – Ecodeyeing with Julia Masci

Experience the joy of nurturing both your well-being and nature in this delightful workshop in partnership with the Guelph Enabling Garden and horticultural therapist, Heidi.

Guelph Enabling Garden – Nature Resin

Immerse yourself in the beauty of the natural world and discover the joy of creative expression through creating with resin!

Imperfect Portrait

Join us for "Imperfect Portraits," a unique and engaging workshop where we embrace the beauty of human imperfections in both appearance and art. This creative session will focus on whimsical portrait techniques designed to highlight and celebrate the quirks and idiosyncrasies that make each of us unique.

In Progress and ATC Session

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. Feel free to bring along your ATCs both completed and in progress to share and trade!

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!

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 or adult, 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: nflewelling@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. 7 sessions per week
 - Cambridge In person Monday - staff facilitator email Colene at callen@cmhaww.ca
 - Kitchener Tuesday 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
 - **NEW IN PERSON IN MOUNT FOREST: Tuesdays, 1:30-3:00 pm** – staff facilitator email Allison at apurdy@cmhaww.ca 392 Main Street North, Mount Forest. (group room across hallway from CMHA reception)

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 the stigma around “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 Anxiety, Depression & Hope Peer Support

- See above, *Anxiety, Depression & Hope Peer Support*

Cambridge Mind over Mood

- Participants meet in person to 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. 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. Staff facilitator email Colene at callen@cmhaww.ca.

Cambridge Mindfulness

- Mindfulness lets us choose where to focus our attention. When we are mindful, we are in the moment. We are not judging or trying to change the thoughts that may pass through our minds. Learning how being mindful can help us let go of struggle and allow things to be as they are. Staff facilitator email Colene at callen@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. Staff facilitator email Farah at flahens@cmhaww.ca.

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 (now virtual only)

- 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 Nancy at nflewellling@cmhaww.ca.

Guelph Games Group

- Drop in to our Guelph location to enjoy an afternoon of social connection and casual board gaming with peers! Staff facilitator email Allison at apurdy@cmhaww.ca.

Guelph Qi Gong

- 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. New for June: If the weather is nice, bring your own chair and join us at Silvercreek Park, 142 Edinburgh Rd. South (southeast corner of Edinburgh Rd South and Wellington St) There is free parking. If it's raining, join us inside at 80 Waterloo Ave., Guelph, Room G02/G04. Staff facilitator email Allison at apurdy@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 at 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 at flahens@cmhaww.ca.

Kitchener Bowling Group

- This group meets every Thursday at Victoria Bowl (280 Victoria St. S, Kitchener). Cost – 2 games - \$10 including shoe rental. Join us for fun, social time, & exercise. No registration required. Everyone welcome! Staff facilitator email Farah at 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 nonvisible 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. - HYBRID GROUP (in person and virtual)

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

NEW GROUP: Kitchener Keeping On Track

- Having trouble staying on task? Do you often procrastinate or struggle with overwhelm or just getting started on that to-do list? Then this group may just be for you- here participants are able to bring their tasks and goals where we shall as a group discuss the benefits of achieving the goals, the obstacles that we can anticipate and develop a plan for success. Participants choose their own goals to work on which can be anything from brushing one's teeth each day to completing a business plan. There is no judgment around each goal and the idea is that participants not only make a commitment to themselves, they also commit to the others in the group to complete tasks by self-determined timelines. Staff facilitator email Richard at rbelcher@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.

Kitchener Open-Share

- Participants have an informal discussion about their mental health and wellbeing. Staff facilitator email Nancy nflewelling@cmhaww.ca.

Kitchener Self-Calming through our 5 senses

- When we experience stress or become overwhelmed by intense emotions, it is important to have strategies to calm and soothe ourselves. Drop in to explore ways to calm your body and mind using the 5 senses. Learn things that you can do anywhere to re-focus your mind on the present, as well as some small, simple ways to build rest, rejuvenation and resilience into your daily life. Each session will focus on one of the 5 senses. No experience, preparation or regular attendance required. General Information handouts will be available. Staff facilitator email Nancy 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! 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.

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 want to learn what it means to be emotionally healthy? Take control of your emotions by learning how to respond to them. Please join us in learning to identify, understand and release your emotions. This is a virtual, 16-week series, that will run from September to December 2024; the specific dates will be announced soon. REGISTRATION IS REQUIRED. Staff facilitator email Nancy at nflewelling@cmhaww.ca.

Self-Compassion

- This workbook-based group (The Mindful Self Compassion Workbook, by Kristen Neff and Christopher Germer) gives opportunities for activities and discussions on how to be kinder to ourselves. A digital copy of the workbook is provided by email.
 - 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 Nancy at nflewelling@cmhaww.ca