

Self Help and Peer Support Screen Reader Accessible Group Calendar July 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 July 1**

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#

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

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#

Alternate Realities

- 1:30-2:30 pm with Katie
- Virtual
- bit.ly/44J2w20
- (833) 819-8075 & ID: 751 538 535#

Supporting the Supporter

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

Tuesdays

Self-Esteem

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

Cambridge Mind over Mood

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

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 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)

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

NEW IN PERSON GROUP: Guelph Games Group – STARTING JULY 16th

- 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
- JULY 2nd, 16th & 30th
- JULY 30th Meditation & Breathing Session with Raj
- <https://bit.ly/3RllsJg>
- Phone conference ID: 949 992 347#

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/3UQwy12
- (833) 819-8075 & ID: 537 496 278#

Cambridge and Virtual Gender Journeys (HYBRID)

- 1:30pm to 2:30pm with Michael
- Virtual and in person at our Cambridge site 9 Wellington St
- email [dwatterson@cmhaww.ca](mailto:d watterson@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
- **July 3rd & 17th**
- <https://bit.ly/3VVQcdB>
- Phone conference ID: 566 290 936#

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 - 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 July 3rd, 17th & 31
- Email missingpersons@rogers.com to join.

Thursdays

Self-Compassion

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

Alienated Together - NEW GROUP

- 1:00pm to 2:30pm with Hillary & Denise -
- Virtual
- Email [dwatterson@cmhawww.ca](mailto:d watterson@cmhawww.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

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
- 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#

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

Guelph Qi Gong - NEW LOCATION IN NICE WEATHER –

No group JULY 12

- 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

The Connection Reflexion

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

Guelph Self Compassion

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

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 - NEW GROUP Starting JULY 12th

- 1:30-2:30pm with Katrina and Nancy
- 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#

Cambridge Meditation

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

Enrolled Group schedule

Mondays NO GROUP JULY 1

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

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. 4061.

Virtual Riding the Waves of Emotion – PART 2

@ 2:00p –3:30p with Katrina & Nancy

Beginning June 12th for 6 weeks

REGISTRATION CLOSED

Email Nancy at nflewell@cmhaww.ca

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

@ 1:00p – 2:30p with Lawrence

July 4 and 18

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 GROUP JULY 5

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)

No workshop on July 1 or July 15

The Writing Life

July 4 from 3:30-5:00 p

Leap Write In

July 8 from 1:30-3:30 p

Drawing: Studying the Masters

July 22 from 1:30-3:30 p

Art for Self-Care

July 29 from 1:30-3:30 p

Tuesday (Kitchener)

No workshop on July 16

ATC Create and Trade

July 2 from 1:30-3:30 p

Zendoodle Mixed Media

July 9 from 1:30-3:30 p

In Progress

July 23 from 1:30-3:30 p

Suminagashi Japanese Paper Marbling

July 9 from 1:30-3:30 p

Wednesday (Guelph).

Zendoodle Mixed Media

July 3 from 1:30-3:30 p

GEG Teacup Bird Feeders

July 10 from 1:30-3:30 p

Get Inspired By...

July 17 from 1:30-3:30 p

GEG Nature Monoprinting

July 24 from 1:30-3:30 p

Suminagashi

July 17 from 1:30-3:30 p

Thursday

The Writing Life

July 4 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.

Artist Trading Cards (ATCs) Create and Trade

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.

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 NORMAN ROCKWELL

Get Inspired By...

Dive into the enchanting world of mixed media art in our colourful workshop, where you'll create a

beautiful piece inspired by the renowned artist, Geninne D. Zlatkis. Known for her intricate designs and nature-inspired themes, Geninne's work offers the perfect muse for your own artistic journey using liquid watercolours and acrylic ink.

Guelph Enabling Garden – Tea Time for Birds

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. Join us for a serene and creative session where we transform charming, antique teacups into beautiful bird feeders. This unique hands-on activity not only fosters creativity but also connects us with nature, offering therapeutic benefits for the mind and soul.

Guelph Enabling Garden – Nature Monoprinting

Immerse yourself in the beauty of the natural world and discover the joy of creative expression through Nature Monoprinting! Join us for a hands-on workshop with Heidi, horticultural therapist, at the serene Guelph Enabling Garden. Nature Monoprinting is a delightful technique that allows you to create unique, textured prints using the natural materials around us. This workshop is perfect for artists of all levels, garden enthusiasts, and anyone looking to connect with nature in a creative way.

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!

Mixed Media Zendoodles

Unlock your inner artist in this immersive and relaxing workshop where we blend the printed images with the mindful practice of zendoodling. Whether you're a seasoned artist or a curious beginner, this session will guide you through the creative process of turning everyday materials into stunning mixed media masterpieces.

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: dwatterson@cmhaww.ca

Alternate Realities

- Have you ever felt disconnected from reality? Have you experienced thoughts, sensations, or voices that aren't entirely your own? Have you ever been told that your perception of the world may be different from others and that you might be experiencing symptoms related to schizophrenia or psychosis? This group is designed to support individuals who have experienced or currently are experiencing alternate realities. These realities may be troubling or enlightening, they may take away from your day-to-day functioning, or you may be totally comfortable operating within them. In this group we want to discuss all aspects of the alternate realities that we experience and deconstruct the idea of what is "normal." This group is for people who identify as having experienced hallucinations

(auditory/visual/tactical), delusions, paranoia, confused or disturbing thoughts and are open to discussing ways to engage in these alternative realities to support wellness. This peer support group is a brave space to discuss these experiences from any perspective that you resonate with, as there are multiple ways to understand experiences of alternate realities. Please join Katie 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 - staff facilitator email Denise at [dwatterson@cmhaww.ca](mailto: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
 - **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)

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](mailto: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 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 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](mailto:d watterson@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 Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca)

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 Denise at [dwatterson@cmhaww.ca](mailto:d watterson@cmhaww.ca).

Cambridge Walking Group

- Join us outside our Cambridge office for Walk & Talk if you are bored of virtual groups! We will walk 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).

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. 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.

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@cmahwww.ca](mailto:d watterson@cmahwww.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.

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 Denise at [dwatterson@cmhaww.ca](mailto:d watterson@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

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 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. – NEW IN-PERSON GROUP

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 the 5 senses - NEW GROUP starting JULY 12th

- 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.

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.

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. Staff Facilitator email Allison at apurdy@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 – 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), a Part 2 six-week virtual group. 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 Denise at dwatterson@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.