

# Self Help and Peer Support Screen Reader Accessible Group Calendar October 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](https://facebook.com/selfhelppeersupport). We will also change our Group Cancellation line message at 1-844-CMHA WW3 (1-844-264-2993) ext. 4004

**NOTE: To access virtual groups, click on the “bit” link (typing it does not work).**

### Mondays No groups October 14

#### Cambridge Mindfulness

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

#### Cambridge Anxiety, Depression & Hope Peer Support

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

#### Kitchener Knitting and Crochet Group with Hillary and Jen

- 1:30-3:00 pm
- 67 King St E.
- Email Nancy at [nflewellings@cmhaww.ca](mailto:nflewellings@cmhaww.ca)

#### Supporting the Supporter

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

## Tuesdays

Chronic Pain and Mental Health Peer Support -

RETURNING GROUP AT NEW DAY & TIME - No group October 8<sup>th</sup> & 15<sup>th</sup>

- 11:00am to 12:00pm with Katrina & Allison
- Virtual
- <https://bit.ly/3AKonN5>
- (833) 819-8075 & ID: 413 000 364#
- October 1, 22 and 29

Kitchener Games Group

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

I'm the Angry One No group October 22<sup>nd</sup>

- 1:00pm to 2:30pm with Farah
- Virtual
- <https://bit.ly/3zrU11d>
- Phone conference ID: 164 053 634#
- October 1, 8, 15 and 29

Mount Forest Anxiety, Depression and Hope Peer Support

- 1:30pm to 3:00pm with Lawrence
- In Person
- 392 Main St. North, Mount 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

Guelph Games Group No group October 8<sup>th</sup> & 15<sup>th</sup>

- 1:30pm – 2:30pm with Amanda & Allison
- In Person
- 80 Waterloo Ave., Guelph
- October 1, 22 and 29

Kitchener Open-Share

- 1:30pm to 2:30pm with Nancy
- In person
- 67 King St E., Kitchener

Buried in Treasures Peer Support No group October 22<sup>nd</sup>

- Virtual
- 3:00pm to 4:30pm with Farah

- Virtual
- Email [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca) to join.
- October 1, 8, 15 and 29

#### Anxiety Depression & Hope Peer Support

- Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday evening
- 7:00pm to 8:30pm with Farah
- Virtual
- <https://bit.ly/3RllsJg>
- Phone conference ID: 949 992 347#
- Oct 1st & 15<sup>th</sup>

### 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

- 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 [nflewellling@cmhaww.ca](mailto:nflewellling@cmhaww.ca) for link

#### Kitchener Experiencing Disability (HYBRID)

- 1:30pm to 2:30pm with Richard
- Virtual and in person
- [bit.ly/4b5k64J](https://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

- Every 1<sup>st</sup> & 3<sup>rd</sup> Wednesday 3:30-4:30pm with Farah

- Virtual
- <https://bit.ly/3VVQcdB>
- Phone conference ID: 566 290 936#
- Oct 2nd & 16<sup>th</sup>

#### Guelph Anxiety, Depression & Hope Peer Support

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

#### Afro Caribbean Black Mental Health Support Group

- 6:30pm to 8:00 pm with Farah
- Virtual
- Email [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca) to join.

#### Coping with a Missing Person

- Virtual
- 7:30pm to 8:30pm with Maureen & Cindy
- Virtual
- Every other week Oct 9<sup>th</sup> & 23<sup>rd</sup>
- Email [missingpersons@rogers.com](mailto:missingpersons@rogers.com) to join.

### Thursdays

#### Self-Compassion

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

#### Alienated Together - NEW LINK

- 1:00pm to 2:30pm with Hillary
- Virtual
- Email [nflewellling@cmhaww.ca](mailto:nflewellling@cmhaww.ca) to join.

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

#### Boundaries and Assertiveness (RETURNING GROUP)

- This month: 2<sup>nd</sup> Thursday 3:30-4:30pm with Farah
- Virtual
- Oct 10th **\*\* NO GROUP Oct 24th)**
- [bit.ly/3VXVeWY](https://bit.ly/3VXVeWY)
- [\(833\) 819-8075](https://bit.ly/3VXVeWY) & ID: 222 596 520#

#### Bipolar Disorder Peer Support Group

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

#### Fridays

##### Guelph Qi Gong **No group October 11<sup>th</sup> & 18<sup>th</sup>**

- 9:30am to 10:30am with Lisa
- In Person
- 80 Waterloo Ave, Guelph, Room G24
- October 4 and 25

##### Guelph Self Compassion **No group October 11<sup>th</sup> & 18<sup>th</sup>**

- 10:30am to 11:45am with Amanda, Heather & Allison
- In Person
- 80 Waterloo Ave., Guelph, Room G24
- October 4 and 25

##### Cambridge Mind Over Mood

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

##### Mental Health & Wellness Skills

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

Abstinence Not Required Substance Use Support Group - **No group October 25th**

- 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](mailto: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 11 – December 18

REGISTRATION IS NOW CLOSED (as of September 30)

Questions? Email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

### **Thursdays**

Virtual DBT Skills Peer Support Skills Refresher

@ 1:00p – 2:30p with Lawrence

October 3<sup>rd</sup> + 17<sup>th</sup>

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

Questions? Email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

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.

Questions? Email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

### **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.  
Questions? Email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)

## 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](mailto: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)

### **Calming Organic Doodles – Part 2**

September 30 & October 7 from 1:30-3:30 p

### **Leap Write In**

October 21 from 1:30-3:30 p

### **Art for Self-Care**

October 28 from 1:30-3:30 p

Tuesday (Kitchener)

### **Little Book of Wonders (Part 5 & 6)**

October 1 & October 8 from 1:30-3:30 p

### **Inspired by Clare Youngs**

October 15 & 22 from 1:30-3:30 p

### **In Progress & ATC Trading Session**

October 29 from 1:30-3:30 p

Wednesday (Guelph)

### **In Progress & ATC Trading Session**

October 2 from 1:30-3:30 p

### **Autumn Watercolour with Vikki**

October 9 from 1:30-3:30 p

### **Little Book of Wonder (6 Weeks)**

October 16 – November 20 from 1:30-3:30 p

Thursday

### **The Writing Life**

October 10 from 3:30-5:00 p

Friday

**No workshops on Friday**

## **Spark of Brilliance Group Descriptions**

### **Art for Self Care**

During this monthly workshop, with the help of artist Jessica Swift and Skillshare, you'll learn how to tap into the power of your intuition and use artmaking as a tool for radical self-care. Whether you're an experienced artist or a curious beginner, this self-paced class is for you. Artmaking can be used as a tool for meaningful self-discovery and transformation.

### **Autumn Watercolour with Vikki**

Join us as Vikki teaches us some beginner techniques and tips. We will be using pressed leaves as inspiration as we experience the magic of watercolour using beautiful fall colours. This workshop is perfect for anyone who would like to learn or practice watercolour techniques which are calming and fun.

### **Calming Organic Doodles Part 2**

Take some time for you, to create calming, curvy and organic doodle art! Join us in this two-part workshop to explore the fluid beauty of curvy, organic doodle art. Whether you're an absolute beginner or have some experience in art or doodling, this workshop is designed for everyone. By the end of the class, you'll have mastered the techniques needed to create your own flowing, whimsical doodle art piece. Perfect for keeping in your sketchbook, displaying in your home, or gifting to a friend, your artwork will be a true reflection of your unique creativity.

### **In Progress and ATC Trading 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! We will also have time to make new Artist Trading Cards (ATCs) and make trades! Remember to bring the supplies along that you will need to work on your project during the workshop time. Bring a mug for tea!

### **Inspired by Clare Youngs**

Step into the enchanting world of Clare Youngs, a visionary designer celebrated for her unique artistry with fabric and paper. In this engaging workshop, we'll explore Clare's imaginative creations that blend texture and colour.

### **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!

### **Little Book of Wonders**

Take Your Art Journal Collage to the Next Level! Gather your doodles, drawings, and small paintings—it's time to elevate your art journal experience! Introducing The Little Book of Wonder, your personal space to showcase your creative works in a one-of-a-kind journal. Over this 6-week workshop series, you'll learn how to transform your art into an interactive masterpiece, complete with pop-ups, doors, windows, and flaps—just like the magical pop-up books from childhood. Plus, we'll be creating fresh, new artwork to fill your unique little book with surprises at every turn. Join us for a journey of creativity and playfulness, where your art journal becomes a living, breathing expression of your imagination.

### **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](mailto: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](mailto: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](mailto:nflewelling@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](mailto:callen@cmhaww.ca)
  - Kitchener Tuesday in-person and Thursday virtual - staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)
  - Tuesday evening virtual group staff facilitator email Farah at [flahens@cmhaww.ca](mailto:flahens@cmhaww.ca)
  - Guelph in person and Wednesday virtual - staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@cmhaww.ca)
  - **NEW IN PERSON IN MOUNT FOREST: Tuesdays, 1:30-3:00 pm** – staff facilitator email Allison at [apurdy@cmhaww.ca](mailto: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](mailto:apurdy@cmhaww.ca)

### Boundaries & Assertive Peer Support Group

- Our group is dedicated to empowering individuals to establish and maintain healthy boundaries through assertive communication. We provide a supportive environment where participants can share experiences, learn practical skills, and gain confidence in expressing their needs and limits. Join us to build stronger relationships, enhance your self-respect, and support others on their journey to assertiveness. Staff facilitator Farah at [flahens@cmhaww.ca](mailto: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](mailto: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](mailto: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](mailto:callen@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](mailto:apurdy@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](mailto:missingpersons@rogers.com). Staff facilitator email Farah at [flahens@cmhaww.ca](mailto: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](mailto: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](mailto: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 [nflewelling@cmhaww.ca](mailto:nflewelling@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](mailto: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. Starting in September, join us inside at 80 Waterloo Ave., Guelph, Room G02/G04. Staff facilitator email Allison at [apurdy@cmhaww.ca](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:nflewelling@cmhaww.ca)

#### 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](mailto: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](mailto:nflewelling@cmhaww.ca).

#### Kitchener Open-Share

- Participants have an informal discussion about their mental health and wellbeing. Staff facilitator email Nancy [nflewelling@cmhaww.ca](mailto: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](mailto: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](mailto:callen@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](mailto: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; REGISTRATION IS CLOSED. Staff facilitator email Nancy at [nflewellling@cmhaww.ca](mailto:nflewellling@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 [nflewellling@cmhaww.ca](mailto:nflewellling@cmhaww.ca).
  - Guelph in person - staff facilitator email Allison at [apurdy@cmhaww.ca](mailto:apurdy@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 [nflewellling@cmhaww.ca](mailto:nflewellling@cmhaww.ca)