

## Drop In Self Help & Peer Support Groups

Listen to our [podcast!](#)

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual - use the bit.ly URL to join via video - use the toll free phone number and ID number to join via telephone.				
<p><b>NO GROUPS OCTOBER 14</b></p> <p><b>Supporting the Supporter</b> @ 6:00p - 7:30p with Nancy</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3WDoCIV">bit.ly/3WDoCIV</a></li> <li>• (833) 819-8075 &amp; ID: 371 549 984#</li> </ul>	<p><b>Chronic Pain and Mental Health Peer Support</b> @ 11:00a - 12:00p with Katrina and Allison - <b>RETURNING GROUP AT NEW DATE AND TIME - No Group October 8 and 15</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3AKonN5">https://bit.ly/3AKonN5</a></li> <li>• (833) 819-8075 &amp; ID: 413 000 364#</li> <li>• <b>October 1, 22, and 29</b></li> </ul> <p><b>I'm the Angry One</b> @ 1:00p - 2:30p with Gloria &amp; Farah - <b>No group on October 22</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3zrU11d">bit.ly/3zrU11d</a></li> <li>• (833) 819-8075 &amp; ID: 164 053 634#</li> <li>• <b>October 1, 8, 15, and 29</b></li> </ul> <p><b>Buried in Treasures Peer Support</b> @ 3:00p - 4:30p with Farah - <b>No group on October 22.</b></p> <ul style="list-style-type: none"> <li>• Email flahens@cmhaww.ca to join.</li> <li>• <b>October 1, 8, 15 and 29</b></li> </ul> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 7:00p - 8:30p with Farah - <b>October 1 and 15</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3RIIsjg">bit.ly/3RIIsjg</a></li> <li>• (833) 819-8075 &amp; ID: 949 992 347#</li> <li>• <b>Every 1st and 3rd Tuesday evening</b></li> </ul>	<p><b>Anxiety, Depression and Hope Peer Support</b> @ 1:30p - 3:30p with Lawrence</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/4fjPPBd">bit.ly/4fjPPBd</a></li> <li>• (833) 819-8075 &amp; ID: 617 321 551#</li> </ul> <p><b>Gender Journeys</b> @ 1:30p - 2:30p with Michael - <b>VIRTUAL ONLY</b></p> <ul style="list-style-type: none"> <li>• Email nlfewelling@cmhaww.ca for link</li> </ul> <p><b>Kitchener Experiencing Disability</b> @ 1:30p - 2:30p with Richard - <b>HYBRID GROUP</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/4b5k64j">bit.ly/4b5k64j</a></li> <li>• (833) 819-8075 &amp; ID: 549 867 027#</li> </ul> <p><b>Healing Journey Through Grief &amp; Loss</b> @ 3:30p - 4:30p with Farah - <b>Every 1st and 3rd Wednesday (October 2 and 16)</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3VVQcdB">bit.ly/3VVQcdB</a></li> <li>• (833) 819-8075 &amp; ID: 566 290 936#</li> </ul> <p><b>Afro Caribbean Black Mental Health Support Group</b> @ 6:30p - 8:00p with Farah</p> <ul style="list-style-type: none"> <li>• Email flahens@cmhaww.ca to join.</li> </ul> <p><b>Coping with a Missing Person -</b> @ 7:30p - 8:30p with Maureen &amp; Cindy (<b>Every other week - October 9 and 23</b>)</p> <ul style="list-style-type: none"> <li>• Email missingpersons@rogers.com to join.</li> </ul>	<p><b>Self-Compassion</b> @ 10:30a - 12:00p with Nancy</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3RQTk8q">bit.ly/3RQTk8q</a></li> <li>• (833) 819-8075 &amp; ID: 147 583 007#</li> </ul> <p><b>Alienated Together</b> @ 1:00p - 2:30p with Hillary - <b>NEW LINK</b></p> <ul style="list-style-type: none"> <li>• Email nlfewelling@cmhaww.ca to join.</li> </ul> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 2:30p - 3:30p with Nancy</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/4b5nTPs">bit.ly/4b5nTPs</a></li> <li>• (833) 819-8075 &amp; ID: 223 651 397#</li> </ul> <p><b>Boundaries &amp; Assertiveness</b> @ 3:30p - 4:30p with Farah - (<b>RETURNING GROUP</b>)</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3VXVeWY">bit.ly/3VXVeWY</a></li> <li>• (833) 819-8075 &amp; ID: 222 596 520#</li> <li>• <b>October 10 (No group Oct 24)</b></li> </ul> <p><b>Bipolar Disorder Peer Support Group</b> @ 7:00p - 9:00p with Maynard &amp; Gloria</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3tV1N1b">bit.ly/3tV1N1b</a></li> <li>• (833) 819-8075 &amp; ID: 508 724 285#</li> </ul>	<p><b>Mental Health &amp; Wellness Skills</b> @ 1:00p - 2:00p with Colene</p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/48En3H6">bit.ly/48En3H6</a></li> <li>• (833) 819-8075 &amp; ID: 213 570 692#</li> </ul> <p><b>Abstinence Not Required Substance Use Support Group</b> @ 3:00p - 4:00p with Farah - <b>NO GROUP OCTOBER 25</b></p> <ul style="list-style-type: none"> <li>• <a href="https://bit.ly/3VYr99C">bit.ly/3VYr99C</a></li> <li>• (833) 819-8075 &amp; ID: 298 076 099#</li> </ul>
In Person				
<p><b>Cambridge Mindfulness</b> @ 10:00a - 11:00a with Colene - <b>9 Wellington St.</b></p> <p><b>Cambridge Anxiety, Depression &amp; Hope Peer Support</b> @ 11:30a - 12:30p with Colene - <b>9 Wellington St.</b></p> <p><b>Kitchener Knitting and Crochet Group</b> @ 1:30p - 3:00p with Hillary and Jen - <b>67 King St E</b> Email Nancy at nlfewelling@cmhaww.ca</p>	<p><b>Kitchener Games Group</b> @ 12:30p - 2:30p with Rob &amp; John - <b>67 King St E.</b></p> <p><b>Kitchener Anxiety, Depression &amp; Hope Peer Support</b> @ 1:30p - 3:00p with Daniel &amp; Katrina - <b>67 King St E.</b></p> <p><b>Kitchener Open-Share</b> @ 1:30p - 2:30p with Nancy - <b>67 King St E.</b></p> <p><b>Mt. Forest Anxiety, Depression and Hope Peer Support</b> @ 1:30p - 3:00p with Lawrence - <b>392 Main Street N, Mt. Forest (group room across hallway from CMHA reception)</b></p> <p><b>Guelph Games Group</b> @ 1:30p - 2:30p with Amanda and Allison - <b>NEW IN PERSON GROUP - 80 Waterloo Avenue - October 1, 22 and 29 (No group October 8 and 15)</b></p>	<p><b>Kitchener Walking Group</b> @ 11:30a - 12:30p with Farah, Rob, &amp; John - <b>Speaker's Corner in front of 67 King Street E.</b></p> <p><b>Kitchener Experiencing Disability</b> @ 1:30p - 2:30p with Richard - <b>HYBRID GROUP - 67 King St E.</b></p> <p><b>Kitchener Destressifying</b> @ 3:00p - 4:00p with John - <b>67 King St E.</b></p> <p><b>Guelph Anxiety, Depression &amp; Hope Peer Support</b> @ 3:30p-4:30p with Allison - <b>80 Waterloo Ave.</b></p>	<p><b>Kitchener Bowling Group</b> @ 1:00p - 2:00p with John &amp; Rob - <b>Victoria Bowl, 280 Victoria St S, Kitchener</b></p> <p><b>Kitchener Keeping on Track</b> @ 1:00p - 2:00p with Richard - <b>67 King St E.</b></p>	<p><b>Guelph Qi Gong</b> @ 9:30a- 10:30a with Lisa - <b>NO GROUP OCTOBER 11 and 18 - 80 Waterloo Avenue</b></p> <ul style="list-style-type: none"> <li>• <b>October 4 and 25</b></li> </ul> <p><b>Guelph Self Compassion</b> @ 10:30a - 11:45a with Amanda, Heather &amp; Allison - <b>NO GROUP OCTOBER 11 and 18 - 80 Waterloo Ave</b></p> <ul style="list-style-type: none"> <li>• <b>October 4 and 25</b></li> </ul> <p><b>Cambridge Mind Over Mood</b> @ 10:30a - 11:30a with Colene - <b>9 Wellington St.</b></p>

**CANCELLATIONS:** Planned cancellations are noted on the above grid. In the event that we need to unexpectedly cancel a group session, we will post it to our Facebook page at [facebook.com/selfhelppeersupport](https://facebook.com/selfhelppeersupport). We will also change our Group Cancellation line message at **1-844-CMHA WW3 (1-844-264-2993) ext. 4004.**

## Enrolled Recovery Learning Groups

[Listen to our podcast!](#)

**October 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual - use the bit.ly URL to join via video - use the toll free phone number and ID number to join via telephone.				
No enrolled groups on Mondays	No enrolled groups on Tuesdays	<p><b>Virtual Peers for Safer Living</b> - 10-week group for those who have completed the 20-week group.</p> <ul style="list-style-type: none"> <li>To join the next session email <a href="mailto:skillsforsaferlivingteam@cmhaww.ca">skillsforsaferlivingteam@cmhaww.ca</a> or call 1-844-264-2993 ext. 4063.</li> </ul> <p><b>Virtual Riding the Waves of Emotion</b> @ 2:00p -3:30p with Katrina &amp; Nancy - <b>REGISTRATION CLOSED as of September 30.</b></p> <ul style="list-style-type: none"> <li>September 11 - December 18</li> <li>Email Nancy at <a href="mailto:nflewelling@cmhaww.ca">nflewelling@cmhaww.ca</a></li> </ul>	<p><b>DBT Skills Peer Support Skills Refresher</b> @ 1:00p – 2:30p with Lawrence. <b>October 3 and 17.</b> Requirement: Having attended a full series of DBT Skills Peer Support.</p> <p><b>DBT Skills Peer Support</b> @ 3:00p – 4:30p with Lawrence. - <b>FULL until late 2024.</b> We are not keeping a waitlist. We will post on a future calendar if this changes.</p>	<p><b>DBT Skills Peer Support</b> @ 3:00p – 4:30p with Lawrence. <b>FULL until late 2024.</b> We are not keeping a waitlist. We will post on a future calendar if this changes.</p>
In Person				

Recovery Learning groups follow a curriculum and occur for a determined number of sessions, with the same participants attending each week. These are closed groups.

Participating in a Recovery Learning group requires enrollment with Self Help & Peer Support. During enrollment staff will collect some basic contact and demographic information from participants and attendance is tracked.

**If you have questions, or to join one of our “Recovery Learning” groups email [selfhelpgroup@cmhaww.ca](mailto:selfhelpgroup@cmhaww.ca) or call one of our sites.**

**To Join via video** - use the bit.ly URL. | **To join via telephone** - use the toll free phone number and ID number.

**CANCELLATIONS:** Planned cancellations are noted on the above grid. In the event that we need to unexpectedly cancel a group session, we will post it to our Facebook page at [facebook.com/selfhelppeersupport](https://facebook.com/selfhelppeersupport). We will also change our Group Cancellation line message at **1-844-CMHA WW3 (1-844-264-2993) ext. 4004.**

## Enrolled Spark of Brilliance Groups

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person - Guelph	Virtual	
<p><b>Calming Organic Doodles - Part 2</b> - September 30 and October 7 from 1:30p - 3:30p</p> <p><b>Leap Write In</b> - October 21 from 1:30p - 3:30p</p> <p><b>Art for Self-Care</b> - October 28 from 1:30p - 3:30p</p>	<p><b>Little Book of Wonders (Part 5 &amp; 6)</b>- October 1 &amp; October 8 from 1:30p - 3:30p</p> <p><b>Inspired by Clare Youngs</b> - October 15 and 22 from 1:30p - 3:30p</p> <p><b>In Progress &amp; ATC Trading Session</b> - October 29 from 1:30p - 3:30p</p>	<p><b>In Progress &amp; ATC Trading Session</b> - October 2 from 1:30p - 3:30p</p> <p><b>Autumn Watercolour with Vikki</b> - October 9 from 1:30p - 3:30p</p> <p><b>Little Book of Wonders (6 Weeks)</b> - October 16 - November 20 from 1:30p - 3:30p</p>	<p><b>The Writing Life</b> - October 10 from 3:30p - 5:00p</p>	<p><b>No workshops on Friday</b></p>

**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.

**To Join via video** - use the bit.ly URL. | **To join via telephone** - use the toll free phone number and ID number.

**CANCELLATIONS:** Planned cancellations are noted on the above grid. In the event that we need to unexpectedly cancel a workshop, registered participants will be notified via email as soon as possible.

**Art for Self-Care** - In this last workshop in a series of 5 monthly classes, 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!

## Program Descriptions

**Abstinence Not Required Substance Use Support** – An open discussion, harm reduction focused on substance use and addictions peer support group. We share how substance use affects our lives and how we may come together in mutual support and learning on our individual journeys towards improved wellness and quality of life. This group focuses on living well with or without changing our substance use and is facilitated by peers with lived experience. This group is an alternative to the 12-step model. For connection details, please email facilitator Farah at [flahens@cmhaww.ca](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, 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. 6 sessions per week

- Cambridge In person - staff facilitator email Colene at [callen@cmhaww.ca](mailto:callen@cmhaww.ca).
- Kitchener 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, 1:30p - 3:30p - 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 stigma “hoarding” by fostering understanding and empathy. Participants come together to share experiences, offer support, and create a safe space for healing. For connection details, please email facilitator Farah at [flahens@cmhaww.ca](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 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 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).

## Program Descriptions

**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** - 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). VIRTUAL ONLY.

**Guelph Games Group** - Drop into 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 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 [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 [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 non visible and questions about participants disabilities will not be asked. In this group people are able to self identify and share as much or as little about their personal experience of living with a disability as they like. Some themes that will be explored in this open conversation peer support group might include: Experiencing stigma and discrimination, barriers to education and employment, ableism, change in self-identity, effects of disability on mental health, relying on others for assistance and support and other related topics. We'll also discuss adapting to challenges and moments of success and hope. Staff Facilitator email Richard at [rbelcher@cmhaww.ca](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 at [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).

## Program Descriptions

**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; the specific dates will be announced soon. REGISTRATION IS REQUIRED. Staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto: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](mailto:nflewelling@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 [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).