

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Virtual - use the bit.ly URL to join via video - use the toll free phone number and ID number to join via telephone. NOTE: To access virtual groups, click on the "bit" link (typing it does not work).</p>				
<p>Chronic Pain and Mental Health Peer Support @ 11:00a - 12:00p with Katrina and Allison -</p> <ul style="list-style-type: none"> • https://bit.ly/3AKonN5 • (833) 819-8075 & ID: 413 000 364# <p>I'm the Angry One @ 1:00p - 2:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3zrU11d • (833) 819-8075 & ID: 164 053 634# <p>Buried in Treasures Peer Support @ 3:00p - 4:30p with Farah</p> <ul style="list-style-type: none"> • Email flahens@cmhaww.ca to join. <p>Anxiety Depression & Hope Peer Support @ 7:00p - 8:30p with Farah - November 5th & 19th</p> <ul style="list-style-type: none"> • bit.ly/3RllsJg • (833) 819-8075 & ID: 949 992 347# • Every 1st and 3rd Tuesday evening 	<p>Anxiety, Depression and Hope Peer Support @ 1:30p - 3:30p with Lawrence</p> <ul style="list-style-type: none"> • bit.ly/4fjPPBd • (833) 819-8075 & ID: 617 321 551# <p>Kitchener Experiencing Disability @ 1:30p-2:30p with Richard - HYBRID GROUP</p> <ul style="list-style-type: none"> • bit.ly/4b5k64j • (833) 819-8075 & ID: 549 867 027# <p>Healing Journey Through Grief & Loss @ 3:30p - 4:30p with Farah - Every 1st and 3rd Wednesday (November 6th & 20th)</p> <ul style="list-style-type: none"> • bit.ly/3VVQcdB • (833) 819-8075 & ID: 566 290 936# <p>Afro Caribbean Black Mental Health Support Group @ 6:30p - 8:00p with Farah</p> <ul style="list-style-type: none"> • Email flahens@cmhaww.ca to join. <p>Coping with a Missing Person - @ 7:30p - 8:30p with Maureen & Cindy (Every other week - November 6th & 20th)</p> <ul style="list-style-type: none"> • Email missingpersons@rogers.com to join. 	<p>Boundaries & Assertiveness @ 3:30p - 4:30p with Farah- Every 2nd & 4th Thursday (November 14th & 28th)</p> <ul style="list-style-type: none"> • bit.ly/40iW0At • (833) 819-8075 & ID: 222 596 520# <p>Bipolar Disorder Peer Support Group @ 7:00p - 9:00p with Maynard & Gloria</p> <ul style="list-style-type: none"> • bit.ly/3tV1N1b • (833) 819-8075 & ID: 508 724 285# 	<p>Mental Health & Wellness Skills @ 1:00p - 2:00p with Colene</p> <ul style="list-style-type: none"> • bit.ly/48En3H6 • (833) 819-8075 & ID: 213 570 692# <p>Abstinence Not Required Substance Use Support Group @ 3:00p - 4:00p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3VYr99C • (833) 819-8075 & ID: 298 076 099# 	
<p>In Person</p>				
<p>Cambridge Mindfulness @ 10:00a - 11:00a with Colene - 9 Wellington St. (NO GROUP NOVEMBER 4)</p> <p>Cambridge Anxiety, Depression & Hope Peer Support @ 11:30a - 12:30p with Colene - 9 Wellington St. (NO GROUP NOVEMBER 4)</p>	<p>Kitchener Games Group @ 12:30p - 2:30p with Rob & John - 67 King St E.</p> <p>Kitchener Anxiety, Depression & Hope Peer Support NEW TIME @ 2:30p-4:00p with Daniel & Katrina - 67 King St E.</p> <p>Mt. Forest Anxiety, Depression and Hope Peer Support @ 1:30p - 3:00p with Lawrence - 392 Main Street N, Mt. Forest (group room across hallway from CMHA reception)</p> <p>Guelph Games Group @ 1:30p - 2:30p with Amanda and Allison - 80 Waterloo Avenue</p>	<p>Kitchener Walking Group @ 11:30a - 12:30p with Farah, Rob, & John - Speaker's Corner in front of 67 King Street E.</p> <p>Kitchener Experiencing Disability @ 1:30p - 2:30p with Richard - HYBRID GROUP - 67 King St E.</p> <p>Kitchener Destressifying @ 3:00p - 4:00p with John - 67 King St E.</p> <p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Allison - 80 Waterloo Ave.</p>	<p>Kitchener Bowling Group @ 1:00p - 2:00p with John & Rob - Victoria Bowl, 280 Victoria St S, Kitchener</p> <p>Kitchener Keeping on Track @ 1:00p - 2:00p with Richard - 67 King St E.</p>	<p>Guelph Qi Gong @ 9:30a- 10:30a with Lisa - 80 Waterloo Avenue</p> <p>Guelph Self Compassion @ 10:30a - 11:45a with Amanda, Heather & Allison - 80 Waterloo Ave</p> <p>Cambridge Mind Over Mood @ 10:30a - 11:30a with Colene - 9 Wellington St.</p>

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

Enrolled Recovery Learning Groups

[Listen to our podcast!](#)

November 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	<p>Mind Over Mood Peer Support @ 3:00p-4:30p with Lawrence</p> <ul style="list-style-type: none"> Next Series: Beginning January 14th, 2025 Groups will meet weekly for approximately 8 months REGISTRATION NOW OPEN- spots are limited For questions or to register please contact Allison Purdy at apurdy@cmhaww.ca 	<p>Virtual Peers for Safer Living - 10-week group for those who have completed the 20-week group.</p> <ul style="list-style-type: none"> To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063. <p>Virtual Riding the Waves of Emotion @ 2:00p -3:30p with Katrina & Nancy - REGISTRATION CLOSED as of September 30.</p> <ul style="list-style-type: none"> September 11 - December 18 Email at selfhelpgroup@cmhaww.ca if questions 	<p>DBT Skills Peer Support Skills Refresher @ 1:00p – 2:30p with Lawrence. November 7th & 21st. Requirement: Having attended a full series of DBT Skills Peer Support.</p> <p>DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence. - Next Series: Beginning Thursday January 9th, 2025</p> <ul style="list-style-type: none"> Groups will meet weekly approximately 18 months REGISTRATION NOW OPEN - spots are limited for questions or to register please contact Allison Purdy at apurdy@cmhaww.ca 	<p>DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence. Next Series: Beginning Friday January 10th, 2025</p> <ul style="list-style-type: none"> Groups will meet weekly for approximately 18 months REGISTRATION NOW OPEN - spots are limited For questions or to register please contact Allison Purdy at apurdy@cmhaww.ca
In Person				

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

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

If you have questions, or to join one of our “Recovery Learning” groups email selfhelpgroup@cmhaww.ca or call one of our sites.

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

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

Enrolled Spark of Brilliance Groups

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person - Guelph	Virtual	
<p>The Magic of Timed Drawing - November 4 from 1:30p-3:30p</p> <p>Studying the Masters: Grandma Moses - November 11 from 1:30p-3:30p</p> <p>Leap Write In - November 18th from 1:30p - 3:30p</p> <p>Art for Self-Care - November 25th from 1:30p - 3:30p</p>	<p>Lyrical Imagery - November 5 & 12 from 1:30p-3:30p</p> <p>Altered Art Journals - November 19 from 1:30p-3:30p</p> <p>In Progress & ATC Trading Session - November 26 from 1:30p-3:30p</p>	<p>Little Book of Wonders (Sessions 4-6) - November 6-20 from 1:30-3:30 p</p> <ul style="list-style-type: none"> No workshops on November 27 due to Staff Meeting 	<p>The Writing Life - November 7 from 1:30p-3:30p</p>	<p>No workshops on Friday</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. 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.

Altered Art Journals - Transform an old hardcover book into a personalized art journal in our Altered Art Journals workshop series! Each month, we'll explore a new creative theme, using mixed media techniques like painting, collage, and sketching to bring new life to the pages of your book. This is a fantastic way to repurpose an old book and turn it into a meaningful artistic expression of your own. Please bring along a hard-cover book without glossy pages to use as your journal—the older, the better, as long as the spine is intact! If you don't have one at home, thrift stores are a great place to find them for a few dollars. If you have an extra, please consider bringing it along to share. Join us monthly to dive into a fresh theme, expand your creative skills, and watch your journal evolve over time. This monthly workshop will be coming to Guelph in the new year!

Studying the Masters: Grandma Moses - 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 GRANDMA MOSES.

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!

The Magic of Timed Drawing - Join artist Jasmina Creates on Skillshare to elevate your drawing skills through fun, timed exercises designed for artists of all levels. This course focuses on improving observational skills, building confidence, and overcoming creative blocks. By mastering short, focused drawing sessions, you'll sharpen your freehand techniques, improve proportions, and gain a better understanding of 3D forms, all while maintaining a relaxed, expressive style.

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 (Parts 4-6) - 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. **Please note this is a closed multi-session workshop that is full.**

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!

Lyrical Imagery - In the Lyrics and Imagery workshop, participants will use lyrics from a preselected song to inspire a painting or drawing. You'll choose a line that resonates with you, sparking your imagination, and use it as a foundation for your visual art. Additionally, you'll cut out and incorporate some of the words from the lyrics into your artwork, blending text with image to create a unique piece. At the end, we'll share our creations and discuss the connections between the lyrics and our artwork. This workshop is open to all skill levels and offers a creative exploration of the relationship between music and visual art.

Program Descriptions

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

Afro Caribbean Black Mental Health Support Group – Our Afro-Caribbean Black Mental Health Support Group is a space where we come together to acknowledge the unique tapestry of our shared experiences. Our souls, rich with melanin, understand the impact of cultural winds and societal storms on our mental well-being. In this safe and supportive community, we weave our stories into a vibrant quilt of resilience. We shared coping secrets like ancestral whispers carried on the breeze. Our goal is mutual upliftment, and we rise hand in hand. We honour our Afrocentricity and recognize that our roots run deep, connecting us together as we strive towards healing, guided by the rhythm of our hearts. To join group please email Farah at flahens@cmhaww.ca.

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. Multiple sessions each week.

- Cambridge In person Monday - staff facilitator email Colene at callen@cmhaww.ca
- Kitchener Tuesday in-person NEW TIME Tuesdays, 2:30-4pm
- Tuesday evening virtual group staff facilitator email Farah at flahens@cmhaww.ca
- Guelph in person and Wednesday virtual - staff facilitator email Allison at apurdy@cmhaww.ca
- NEW IN PERSON IN MOUNT FOREST: Tuesdays, 1:30-3:00 pm – staff facilitator email Allison at apurdy@cmhaww.ca 392 Main Street North, Mount Forest. (group room across hallway from CMHA reception)

Bipolar Disorder Peer Support Group – Individuals who experience bipolar disorder are invited to participate in this group. Mood swings within bipolar can be mild, moderate, or severe and can be accompanied by changes in thinking and behaviour. This group provides a non-judgmental and comfortable environment where the above can be discussed and explored. Staff facilitator email Allison at apurdy@cmhaww.ca.

Boundaries & 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

Buried in Treasures Peer Support – Our peer support group provides a supportive environment for individuals struggling with urges to collect, save, and organize belongings. We aim to decrease stigma “hoarding” by fostering understanding and empathy. Participants come together to share experiences, offer support, and create a safe space for healing. For connection details, please email facilitator Farah at flahens@cmhaww.ca.

Cambridge Anxiety, Depression & Hope Peer Support - see above, *Anxiety, Depression & Hope Peer Support*.

Cambridge Mind Over Mood - Participants meet in person to work through and discuss the book, *Mind Over Mood*, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Although it is not necessary, participants may wish to purchase their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller. Staff facilitator email Colene at callen@cmhaww.ca.

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

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 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.

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.

Guelph Open Share - An open group where participants can share and discuss various topics about their mental health and wellbeing. All experiences welcome. Staff facilitator email Allison at apurdy@cmhaww.ca

Program Descriptions

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.

Guelph 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. Staff facilitator email Allison at apurdy@cmhaww.ca - **this is the only version of this (virtual one on Thursdays has been cancelled)**

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 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.

Kitchener Destressifying - We all experience stress. It is the human condition. We can learn how to transform it by understanding how stress impacts our body, thoughts, feelings, behaviors and ultimately our relationships. Staff facilitator email Richard at rbelcher@cmhaww.ca.

Kitchener Experiencing Disability - This is a group for people who identify as living with a permanent condition which in some way causes them to experience significant limitations to their physical, sensory, cognitive or mental functioning. A disability may be visible or non visible and questions about participants disabilities will not be asked. In this group people are able to self identify and share as much or as little about their personal experience of living with a disability as they like. Some themes that will be explored in this open conversation peer support group might include: Experiencing stigma and discrimination, barriers to education and employment, ableism, change in self-identity, effects of disability on mental health, relying on others for assistance and support and other related topics. We'll also discuss adapting to challenges and moments of success and hope. Staff Facilitator email Richard at rbelcher@cmhaww.ca. - 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 Farah at flahens@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.

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.

Peers for Safer Living - If you have previously attended the Skills for Safer Living group you are invited to join this 10-session refresher and peer support group where we will continue to practice our skills and strategies to make safer choices and deepen our understandings of suicide related thoughts and behaviors. Meets virtually. *Must have attended a SFSL group previously. Email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 x 4063 to join or for more information.

Riding the Waves of Emotion - Do you struggle with your emotions? Do you want to learn what it means to be emotionally healthy? Take control of your emotions by learning how to respond to them. Please join us in learning to identify, understand and release your emotions. This is a virtual, 16-week series, that will run from September to December 2024; REGISTRATION IS CLOSED.