

Self Help and Peer Support Screen Reader Accessible Group Calendar December 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

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

Mondays

Cambridge Mindfulness NO GROUP DECEMBER 30

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

Cambridge Anxiety, Depression & Hope Peer Support NO GROUP DECEMBER 30

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

Tuesdays

Anxiety Depression & Hope Peer Support **NO GROUP December 17th**

- 1st Tuesday evening this month
- 7:00pm to 8:30pm with Farah
- Virtual
- <https://bit.ly/3RllsJg>
- (833) 819-8075 & Phone conference ID: 949 992 347#
- **Dec 3**

Chronic Pain and Mental Health Peer Support **NO GROUP DECEMBER 10**

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

Buried in Treasures Peer Support

- Virtual
- 3:00pm to 4:30pm
- Virtual
- Email Farah at flahens@cmhaww.ca to join.
- **NO GROUP December 17, 24, and 31**
- **Dec 3 and 10**

I'm the Angry One

- 1:00pm to 2:30pm with Farah
- Virtual
- <https://bit.ly/3zrU11d>
- (833) 819-8075 & Phone conference ID: 164 053 634#
- **NO GROUP December 17th, 24th, and 31st**
- **Dec 3 and 10**

NEW Menopause Mental Health Support **(SAVE THE DATE)**

REGISTRATION NOW OPEN

- Virtual Bi-Weekly Tuesday with Farah
- January 14th from 7:00 PM to 8:30 PM
- **January 14th & 28**
- **REGISTRATION REQUIRED by December 31**

Kitchener Games Group **NO GROUP December 17, 24, and 31**

- 12:30pm to 2:30pm with Rob & John
- In person
- 67 King St E., Kitchener
- **Dec 3 and 10**

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)

Guelph Games Group **NO GROUP DECEMBER 10**

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

Kitchener Anxiety, Depression & Hope Peer Support **NEW TIME**

- 2:30pm to 4:00pm with Daniel & Katrina
- In person
- 67 King St E., Kitchener
- **NO GROUP December 17th, 24th, and 31st**
- **Dec 3 and 10**

Kitchener Games Group **NO GROUP December 17, 24, and 31**

- 12:30pm to 2:30pm with Rob & John
- In person
- 67 King St E., Kitchener
- **Dec 3 and 10**

Wednesdays NO GROUPS DECEMBER 25 or JANUARY 1

Kitchener Walking Group

- 11:30am to 12:30pm with Farah and Rob
- In Person
- Speaker's Corner in front of 67 King Street E., Kitchener

Kitchener Experiencing Disability (HYBRID)

- 1:30pm to 2:30pm with Richard
- Virtual and in person
- bit.ly/4b5k64J
- (833) 819-8075 & Phone Conference ID: 549 867 027#
- 67 King St East, Kitchener

Kitchener Destressifying

- 3:00pm to 4:00pm with John
- In Person
- 67 King St East, Kitchener

Guelph Anxiety, Depression & Hope Peer Support **NO GROUP DECEMBER 11 & 25**

- 3:30pm to 4:30pm with Allison
- In Person
- 80 Waterloo Ave., Guelph
- **Dec 4 and 18**

Healing Journey Through Grief & Loss **NO GROUP DECEMBER 18th**

- 1st Wednesday this month 3:30-4:30pm with Farah
- Virtual
- <https://bit.ly/3VVQcdB>
- (833) 819-8075 & Phone conference ID: 566 290 936#
- **Dec 4th**

Anxiety, Depression and Hope Peer Support

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

Afro Caribbean Black Mental Health Support Group

- 6:30pm to 8:00 pm with Farah
- Virtual
- Email flahens@cmhaww.ca to join
- **NO GROUP December 18th, 25th & January 1st**
- **Dec 4 and 11**

Coping with a Missing Person

- Virtual
- 7:30pm to 8:30pm with Maureen & Cindy
- Virtual
- **Every other week December 4 and 18**
- Email missingpersons@rogers.com to join.

Thursdays **NO GROUPS DECEMBER 26**

Kitchener Bowling Group

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

Kitchener Keeping on Track

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

NEW Menopause Mental Health Support

REGISTRATION NOW OPEN

- Virtual, starting January 2, 2025
- 1:30 -3:00 pm
- To register contact Farah at flahens@cmhaww.ca

- **REGISTRATION REQUIRED by December 31st**

Boundaries and Assertiveness **NO GROUP December 26th**

- 2nd Thursday this month 3:30-4:30pm with Farah
- **Dec 12th**
- **Virtual**
- bit.ly/40iW0At
- (833) 819-8075 & Phone conference ID: 222 596 520#

Bipolar Disorder Peer Support Group **NO GROUP DECEMBER 12 & 26**

- 7:00pm to 9:00p with Maynard & Gloria
- Virtual
- bit.ly/3tV1N1b
- (833) 819-8075 & Phone conference ID: 508 724 285#
- **Dec 5 and 19**

Fridays

Guelph Qi Gong

- 9:30am to 10:30am with Lisa **NO GROUP DECEMBER 13**
- In Person
- 80 Waterloo Ave, Guelph, Room G24

Guelph Self Compassion **NO GROUP DECEMBER 13**

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

Cambridge Mind Over Mood **NO GROUP DECEMBER 27**

- 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
- (833) 819-8075 & Phone Conference ID 213 570 692#

Abstinence Not Required Substance Use Support Group

- 3:00pm to 4:00pm with Farah
- Virtual
- <https://bit.ly/3VYr99C>
- (833) 819-8075 & Phone conference ID: 298 076 099#
- **NO GROUP December 6th 20th & 27th**

• Dec 13

Enrolled Group schedule

Mondays

No enrolled groups on Mondays

Tuesdays

Mind Over Mood Peer Support

@ 3:00p- 4:30p with Lawrence

Next Series: beginning January 14th 2025,

Group 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

Wednesdays

Virtual Peers for Safer Living

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

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

Virtual Riding the Waves of Emotion

2:00p –3:30p with Katrina and Nancy

September 11 – December 18

REGISTRATION CLOSED

Email selfhelpgroup@cmhaww.ca if questions

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

@ 1:00p – 2:30p with Lawrence

December 5 and 19

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

Questions? Email Allison at apurdy@cmhaww.ca

Virtual DBT Skills Peer Support
@ 3:00p – 4:30p with Lawrence.

Next Series: beginning Thursday January 9th, 2025.

Group 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

Fridays

Virtual DBT Skills Peer Support
@ 3:00p – 4:30p with Lawrence.

Next Series: beginning Friday January 10th, 2025.

Group 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

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 at least 24 hours *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)

Please note there is no workshop on December 2

Studying the Masters: Lady Pink

December 9 from 1:30-3:30 p

Art for Self-Care

December 16 from 1:30-3:30 p

Tuesday (Kitchener)

Winter Greeting Cards

December 3 from 1:30-3:30p

Caroling Birds

December 10 from 1:30-3:30 p

Year End Celebration

December 17 from 1:00-4:00 p

Wednesday (Guelph) **NO GROUPS December 25 or January 1**

Winter Greeting Cards

December 4 from 1:30-3:30 p

Caroling Birds

December 11 from 1:30-3:30p

Year End Celebration

December 18 from 1:00-4:00 p

Thursday

The Writing Life

December 5 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.

Caroling Birds

Join us for a fun and festive workshop where we'll create adorable, chunky felt birds to add to our Spark of Brilliance holiday choir! Let your creativity take flight as you craft your own charming caroling bird, perfect for bringing holiday cheer to any space.

Studying the Masters: Lady Pink

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 LADY PINK.

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!

Winter Greeting Cards

Unleash your creativity in our handmade card-making workshop! Whether you explore the art of paper embroidery, experiment with watercolors, or craft a unique collage, you'll design a one-of-a-kind, personalized card that your loved one will treasure. No matter your skill level, this workshop offers a fun, hands-on opportunity to create something truly special. All supplies will be provided, but feel free to bring along any extra embellishments you would like to use on your card!

Year End Celebration

Celebrate the close of a creative year with us at our festive year-end gathering! Let's come together to reflect on the artistic adventures and connections we've made, while enjoying lively ice-breakers, fun party games, and crafting beautiful holiday ornaments. Join us in spreading holiday cheer and wrapping up the year with joy, laughter, and connection! Please note that space is limited, and registration is open to those who have attended at least one in-person workshop between January 1 and November 30, 2024. Registration will close on December 1 at noon or when all spaces have been filled.

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

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 the stigma around “hoarding” by fostering understanding and empathy. Participants come together to share experiences, offer support, and create a safe space for healing. For connection details, please email facilitator Farah at flahens@cmhaww.ca

Cambridge Anxiety, Depression & Hope Peer Support

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

Cambridge Mind over Mood

- Participants meet in person to work through and discuss the book, Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Although it is not necessary, participants may wish to purchase

their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller. Staff facilitator email Colene at callen@cmhaww.ca.

Cambridge Mindfulness

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

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

Guelph Qi Gong

- Wear comfortable clothing and join us as we explore gentle movement to improve physical, mental, emotional, and spiritual wellbeing. Qigong is a branch of Traditional Chinese Medicine that sees the mind and body as interconnected - moving the body can improve all

aspects of our health. All movements can be done standing or modified sitting in a chair and do not need any equipment. Starting in September, join us inside at 80 Waterloo Ave., Guelph, Room G02/G04. Staff facilitator email 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

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 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. Staff facilitator email Farah at flahens@cmhaww.ca.

Menopause Mental Health Support **(Coming in January, Save The Date)**

- Our group offers 8-week sessions, with two groups available each week, dedicated to supporting individuals through all stages of menopause, from perimenopause to post-menopause. We provide a compassionate space to discuss the mental health challenges that can accompany these transitions. Through shared experiences, expert insights, and practical strategies, we aim to empower others to manage their mental well-being and thrive during this significant life phase. Join us to connect, learn, and support each other on this journey. Group is facilitated by a **Certified Women's Menopause Coach**.

- **REGISTRATION REQUIRED - LIMITED SPACE**
- Contact Farah at flahens@cmhaww.ca to register.
- **Every Thursday starting January 2nd from 1:30-3:30 PM**
- **Bi-Weekly Tuesday starting January 14th from 7-8:30 PM**

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.