

# Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

January 2025

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. NOTE: To access virtual groups, click on the "bit" link (typing it does not work).				
<p><b>Returning Group - Supporting the Supporter</b> @6:00p - 7:30p with Kass</p> <ul style="list-style-type: none"> <li><a href="https://bit.ly/4iCo20J">https://bit.ly/4iCo20J</a></li> <li>(833) 819-8075 &amp; ID: 971 491 960#</li> </ul>	<p><b>Chronic Pain and Mental Health Peer Support</b> @ 11:00a - 12:00p with Katrina and Allison</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> </ul> <p><b>I'm the Angry One</b> @ 1:00p - 2:30p with Farah</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> </ul> <p><b>Buried in Treasures Peer Support</b> @ 3:00p - 4:30p with Farah</p> <ul style="list-style-type: none"> <li>Email flahens@cmhaww.ca to join.</li> </ul> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 7:00p - 8:30p with Farah</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>1st &amp; 3rd Tuesday evening this month (January 7 &amp; 21)</li> </ul>	<p><b>** NO GROUPS JANUARY 1**</b></p> <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>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>Returning Group - Cambridge Gender Journeys</b> @ 1:30p - 2:30p with Micheal (January 8th &amp; 22nd) - <b>HYBRID GROUP</b></p> <ul style="list-style-type: none"> <li><a href="https://bit.ly/3BDwg80">https://bit.ly/3BDwg80</a></li> <li>(833) 819-8075 &amp; ID: 532 193 545#</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 (every other week, January 8th &amp; 22nd)</p> <ul style="list-style-type: none"> <li>Email missingpersons@rogers.com to join.</li> </ul>	<p><b>Returning Group - Self Esteem</b> @ 10:30p-12:00p with Kass</p> <ul style="list-style-type: none"> <li><a href="https://bit.ly/3P1S7ZQ">https://bit.ly/3P1S7ZQ</a></li> <li>(833) 819-8075 &amp; ID: 786 254 358#</li> </ul> <p><b>Boundaries &amp; Assertiveness</b> @ 3:30p - 4:30p with Farah- (January 9th &amp; 23rd)</p> <ul style="list-style-type: none"> <li><a href="https://bit.ly/40iW0At">bit.ly/40iW0At</a></li> <li>(833) 819-8075 &amp; ID: 222 596 520#</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</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 - 9 Wellington St.</p> <p><b>Cambridge Anxiety, Depression &amp; Hope Peer Support</b> @ 11:30a - 12:30p with Colene - 9 Wellington St.</p>	<p><b>Kitchener Games Group</b> @ 12:30p - 2:30p with Rob &amp; John - 67 King St E.</p> <p><b>Mt. Forest Anxiety, Depression and Hope Peer Support</b> <b>NEW TIME @ 12:30p - 2:00p</b> with Lawrence - 392 Main Street N, Mt. Forest (group room across hallway from CMHA reception)</p> <p><b>Guelph Games Group</b> @ 1:30p - 2:30p with Amanda and Allison - 80 Waterloo Avenue</p> <p><b>NEW Guelph Redefining Addiction. Reclaiming our Dignity</b> @ 6:00p - 7:00p with Tonya - 80 Waterloo Avenue</p>	<p><b>** NO GROUPS JANUARY 1**</b></p> <p><b>Kitchener Walking Group</b> @ 11:30a - 12:30p with Farah, Rob, &amp; John - <i>Speaker's Corner in front of 67 King Street E.</i></p> <p><b>Kitchener Experiencing Disability</b> @ 1:30p - 2:30p with Richard - <b>HYBRID GROUP</b> - 67 King St E.</p> <p><b>Returning Group - Cambridge Gender Journeys</b> @ 1:30p - 2:30p with Micheal (starting January 8th) - <b>HYBRID GROUP</b> - 9 Wellington St, Cambridge</p> <p><b>Kitchener Destressing</b> @ 3:00p - 4:00p with John - 67 King St E.</p> <p><b>Returning Group - Cambridge Intentional Living</b> @ 3:00p - 4:00p with Kass (Starting January 8th) - 9 Wellington St, Cambridge</p> <p><b>Guelph Anxiety, Depression &amp; Hope Peer Support</b> @ 3:30p-4:30p with Allison - 80 Waterloo Ave.</p>	<p><b>Kitchener Bowling Group</b> @ 1:00p - 2:00p with John &amp; Rob - <i>Victoria Bowl, 280 Victoria St S, Kitchener</i></p> <p><b>Kitchener Keeping on Track</b> @ 1:00p - 2:00p with Richard - 67 King St E.</p> <p><b>Returning Group - Guelph Walk &amp; Talk</b> @ 1:30p - 2:30p - Royal City Park (at the gazebo), Guelph</p>	<p><b>Guelph Qi Gong</b> @ 9:30a- 10:30a with Lisa - 80 Waterloo Avenue</p> <p><b>Guelph Self Compassion</b> @ 10:30a - 11:45a with Amanda, Heather &amp; Allison - 80 Waterloo Ave</p> <p><b>Cambridge Mind Over Mood</b> @ 10:30a - 11:30a with Colene - 9 Wellington St.</p> <p><b>Returning Group - Cambridge Meditation Group</b> @ 3:00p - 4:30p with Kass - 9 Wellington st, Cambridge (Starting Jan 10th)</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!](#)

January 2025

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><b>Mind Over Mood Peer Support</b> @ 3:00p-4:30p with Lawrence</p> <ul style="list-style-type: none"> <li><b>Next Series: Beginning January 14th, 2025</b></li> <li>Groups will meet weekly for approximately 8 months</li> <li>For questions or to register please contact Allison Purdy at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a></li> </ul> <p><b>NEW GROUP - Menopause Mental Health Support</b> @ 7:00p - 8:30p with Farah (January 14th &amp; 28th)</p> <ul style="list-style-type: none"> <li>Groups will meet every 2nd &amp; 4th Tuesday evening</li> <li>For questions or to register please contact Farah at <a href="mailto:flahens@cmhaww.ca">flahens@cmhaww.ca</a></li> </ul>	<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>DBT Skills Peer Support Skills Refresher</b> @ 1:00p – 2:30p with Lawrence. <b>January 2nd &amp; 16th.</b> <b>Requirement: Having attended a full series of DBT Skills Peer Support.</b></p> <p><b>NEW Menopause Mental Health Support</b> @1:30p - 3:00p with Farah</p> <ul style="list-style-type: none"> <li>Starting January 2, 2025</li> <li>For questions or to register please contact Farah at <a href="mailto:flahens@cmhaww.ca">flahens@cmhaww.ca</a></li> </ul> <p><b>DBT Skills Peer Support</b> @ 3:00p – 4:30p with Lawrence. - <b>Next Series: Beginning Thursday January 9th, 2025</b></p> <ul style="list-style-type: none"> <li>Groups will meet weekly approximately 18 months</li> <li>for questions or to register please contact Allison Purdy at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a></li> </ul>	<p><b>DBT Skills Peer Support</b> @ 3:00p – 4:30p with Lawrence. <b>Next Series: Beginning Friday January 10th, 2025</b></p> <ul style="list-style-type: none"> <li><b>Groups will meet weekly for approximately 18 months</b></li> <li>For questions or to register please contact Allison Purdy at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a></li> </ul>
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

January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - Kitchener	In Person - Guelph	Virtual	
<p><b>Improve your Drawing</b> - January 6 &amp; 13 from 1:30p - 3:30p</p> <p><b>Art for Self-Care</b> - January 20 from 1:30p - 3:30p</p> <p><b>The Answers are Within You</b> - January 27 from 1:30p - 3:30p</p>	<p><b>Vision Boards</b> - January 7 from 1:30p - 3:30p</p> <p><b>In Progress</b> - January 14 from 1:30p - 3:30p</p> <p><b>Intuitive Art Inspired by Music</b> - January 21 from 1:30p - 3:30p</p> <p><b>Art Journaling</b> - January 28 from 1:30p - 3:30p</p>	<p><b>** NO GROUPS JANUARY 1**</b></p> <p><b>Vision Boards</b> - January 8 from 1:30p - 3:30p</p> <p><b>In Progress</b> - January 15 from 1:30p - 3:30p</p> <p><b>Intuitive Art Inspired by Music</b> - January 22 from 1:30p - 3:30p</p> <p><b>Art Journaling</b> - January 29 from 1:30p - 3:30p</p>	<p><b>The Writing Life - WILL RETURN IN FEBRUARY</b></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.

**Art Journaling** - Dive into the creative world of art journaling with this ongoing, monthly workshop where each session offers new prompts, techniques, and materials to explore. This workshop is a perfect space for self-reflection, creative play, and personal growth, as you'll create pages that capture your thoughts, feelings, and inspirations over time. Leave each session with fresh ideas and techniques to continue your creative journey at home! Please bring along a sketchbook or old hardcover book to create within!

**Improve Your Drawing** - In this two-part drawing challenge, Jutta with the help of Skillshare, will guide you through fun, effective exercises designed to improve your skills and establish a lasting practice habit. Using a combination of brain science and simple prompts, you'll strengthen both your drawing muscles and mindset. Whether using Procreate or traditional media like pencil and eraser, you'll complete the challenge with a noticeable improvement in your drawing abilities and a toolbox of helpful exercises to continue growing as an artist.

**In Progress** - When it comes to your art, do you spend more time procrastinating than creating? Do you find you don't set time aside to work on existing projects? During "In Progress" we will gather to work on our on-the-go projects, offer each other support on getting through creative blocks and bumps, and of course take time to make art! 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!

**Intuitive Art Inspired by Music** - During this creative workshop, participants will use the power of music to unlock their artistic intuition. Through a guided process, you'll listen to different genres and rhythms, allowing the music to influence your artistic expression. Without focusing on specific outcomes, you'll create spontaneous, abstract art that reflects your emotions and the mood of the melodies. Whether you're a seasoned artist or a beginner, this workshop encourages you to explore your intuition, let go of perfection, and enjoy the therapeutic combination of music and art.

**The Answers Are Within You** - Join us for a unique writing workshop inspired by The Answers Are Within You by Amber Rae. Using the book's insights on self-discovery and personal growth, participants will explore themes of mind, body, and soul through creative expression. Writers will have the option to write from a first-person perspective for a more intimate, personal experience or experiment with second or third person to develop fictional storylines. Whether you're looking to reflect on your own journey or craft new narratives, this workshop offers a transformative space to explore your inner world. Participants may submit their writing from each workshop to be considered in a year end book project.

**Vision Boards** - Join Spark of Brilliance for a fun and inspiring Vision Board Workshop where you'll create a visual representation of your goals and dreams for 2025. Tap into your creativity, clarify your intentions, and leave with a personalized board to keep you motivated throughout the year!

## 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).

**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](mailto: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](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 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 (and Virtual) Gender Journeys (HYBRID)** - A 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. The group is open to all those who identify as trans and non-binary! At 9 Wellington Street, Cambridge Ontario or Virtually on Microsoft Teams. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

**Cambridge Intentional Living** - Intentional Living is about choosing your life. We will spend time deciding what is important to us and building the path to becoming our best selves. Seek clarity, define our values, and create goals through worksheets, group conversations, and fun activities. Staff facilitator Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

**Cambridge Meditation Group** - Join peers in person to explore different meditation styles. We will use books, audio, statements and more to meditate weekly. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

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

**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).

## Program Descriptions

**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).

**Guelph Redefining Addiction. Reclaiming Our Dignity** - This all-inclusive peer support group is a safe and welcoming space for anyone impacted by substance use health, regardless of where you are on your journey. Whether you are actively using, exploring harm reduction, 'in recovery', or simply seeking support, you belong here. Together, we challenge the stigma surrounding addiction and embrace a compassionate, non-judgmental approach. We focus on empowering individuals to reclaim their dignity and define their own paths to wellness. Through shared experiences, mutual understanding, and support, we foster a sense of community and connection, reminding everyone: you are not alone. Join us as we redefine addiction on our own terms and build a foundation of respect, hope, and empowerment for all. About the facilitator: Tonya Evans is a Peer Specialist/Advocate with over 8 years working in the field of Mental Health & Substance Use Health. Her lived expertise includes substance use, parenting and substance use, voluntary and involuntary treatment, detox centers, criminalized substance use, recovery with harm reduction, Opioid Agonist Therapy, grief & loss, homelessness, mental health (PTSD). She also has over 15 years' experience in the Health & Fitness field where she worked as a Wellness Coach/Trainer. Email staff facilitator [tevans@cmhaww.ca](mailto:tevans@cmhaww.ca) for more information or if you have questions.

**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](mailto:apurdy@cmhaww.ca)

**Guelph Walk & Talk** - Join us at Royal City Park (at the gazebo) for Walk & Talk if you are bored of virtual groups! We will walk along the Speed River trail and connect with one another during conversation or if you wish to just walk and not talk, that is ok too! Weather permitting. \*If it is raining or heavy snow/ice, it will be cancelled. Staff facilitator email Tonya at [tevans@cmhaww.ca](mailto:tevans@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 Farah at [flahens@cmhaww.ca](mailto: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](mailto: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](mailto: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](mailto:flahens@cmhaww.ca) to register.
- Every Thursday starting January 2nd from 1:30-3:00 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](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.

**Self-Esteem** - Peer-led group discussions, where we explore and develop wellness tools and self-care strategies. We will use conversation, worksheets, group activities, and visual aids to help gain a stronger understanding of self-esteem and its' importance in recovery. Staff facilitator Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)

**Supporting the Supporter** - Supporting the Supporter is a weekly peer support group for friends and family that support individuals who live with mental health challenges and/or substance use challenges. Peer led discussions about mental health, substance use health, and how best to be supportive while considering personal boundaries, community resources and self-care. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca)