

Self Help and Peer Support Screen Reader Accessible Group Calendar March 2025

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/selfhelpppeersupport. 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

VIRTUAL GROUPS

Supporting the Supporter

- 5:30 pm to 7:30pm with Kass
- **Virtual**
- <https://bit.ly/3WGpW6T>
- (833) 819-8075 & Phone conference ID: 971 491 960#

IN PERSON GROUPS

Cambridge Mindfulness & Self-Compassion **NO GROUP ON MARCH 17**

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

Cambridge Anxiety, Depression & Hope Peer Support **NO GROUP ON MARCH 17**

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

Tuesdays

VIRTUAL GROUPS

Chronic Pain and Mental Health Peer Support **NO GROUP MARCH 4**

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

I'm the Angry One **NEW Bi-weekly schedule**

- 1:00pm to 2:00pm with Farah
- **March 11th & 25th**
- **Virtual**
- <https://bit.ly/3zrU11d>
- (833) 819-8075 & Phone conference ID: 164 053 634#

Buried in Treasures Peer Support **NO GROUP MARCH 4TH**

- 3:00pm to 4:30pm with Farah
- **Virtual**
- Email Farah at flahens@cmhaww.ca to join.

Anxiety Depression & Hope Peer Support **NO GROUP MARCH 4TH**

- **March 18th**
- 7:00pm to 8:30pm with Farah
- **Virtual**
- <https://bit.ly/3RIIsJg>
- (833) 819-8075 & Phone conference ID: 949 992 347#

HYBRID GROUPS

NEW GROUP **Guelph Redefining Addiction. Reclaiming our Dignity** **(HYBRID)**

- 6pm to 7pm with Tonya
- **Virtual and in person**
- <https://bit.ly/3Xfra9D>
- (833) 819-8075 & Phone conference ID: 923 475 136#
- 80 Waterloo Avenue, Guelph

IN PERSON GROUPS

Kitchener Games Group

- 12:30pm to 2:30pm with Rob and Jen
- **In person**
- 67 King St E., Kitchener

Mount Forest Anxiety, Depression and Hope Peer Support

- 12:30 pm to 2:00pm with Lawrence
- **In Person**

- 392 Main St. North, Mount Forest (group room across hallway from CMHA reception)

Guelph Games Group **NO GROUP MARCH 4th**

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

Wednesdays

VIRTUAL GROUPS

Afro Caribbean Black Mental Health Support Group **NO GROUP MARCH 5 TH**

- 6:30pm to 8:00 pm with Farah
- **Virtual**
- Email flahens@cmhaww.ca to join

Coping with a Missing Person

- 7:30pm to 8:30pm with Maureen & Cindy
- **Virtual biweekly**
- **Mar. 5 and 19**
- Email missingpersons@rogers.com to join.

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#

IN PERSON GROUPS

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 Destressifying

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

Cambridge Intentional Living **NO GROUP MARCH 5TH**

- 3:00pm-4:30pm with Kass
- **In-person**
- 9 Wellington Street, Cambridge

Guelph Anxiety, Depression & Hope Peer Support **NO GROUP MARCH 26th**

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

HYBRID GROUPS

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

(Cambridge) Gender Journeys **(HYBRID)** **NO GROUP MARCH 5th**

- 1:30pm to 2:30pm with Michael
- **Virtual and in person in Cambridge**
- **Contact Kass at kdivenanzo@cmhaww.ca for virtual link**

Thursdays

VIRTUAL GROUPS

Self-Esteem

- 10:30am-12:00pm with Kass
- **Virtual**
- <https://bit.ly/4aEg6IC>
- (833) 819-8075 & Phone conference ID: 786 254 358#

Boundaries and Assertiveness

- 3:30-4:30pm with Farah
- **Virtual**
- **March 13 & 27**
- <https://bit.ly/4hzi53g>
- [\(833\) 819-8075](tel:8338198075) & Phone conference ID: 222 596 520#

Bipolar Disorder Peer Support Group

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

IN PERSON GROUPS

NEW GROUP: I Can't Quit You- Changing Non-Substance Related Behaviours

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

Kitchener Bowling Group NO GROUP MARCH 13th.

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

Guelph Walk & Talk

- 1:30pm to 2:30pm with Tonya
- **In Person**
- Royal City Park (at the gazebo), Guelph

Fridays

VIRTUAL GROUPS

Abstinence Not Required Substance Use Support Group NOW Bi-weekly

- 3:00pm to 4:00pm with Farah
- **Virtual March 14 & 28th**
- <https://bit.ly/3VYr99C>
- (833) 819-8075 & Phone conference ID: 298 076 099#

Mental Health & Wellness Skills NO GROUP MARCH 28

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

IN PERSON GROUPS

Guelph Qi Gong

- 9:30am to 10:30am with Lisa
- **In Person**
- 80 Waterloo Ave, Guelph, Room G24

Guelph Self Compassion

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

Cambridge Mind Over Mood **NO GROUP MARCH 28**

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

Cambridge Meditation Group **NO GROUP MARCH 7TH**

- 3:00pm to 4:00pm with Kass
- **In-Person**
- 9 Wellington St., Cambridge

Enrolled Group schedule

Mondays

No enrolled groups on Mondays

Tuesdays

Virtual Mind Over Mood Peer Support

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

Group will meet weekly for approximately 8 months.

Registration now full. No waitlist at this time.

For questions, please contact Allison Purdy at apurdy@cmhaww.ca

Tuesday Menopause Mental Health Support

- Virtual Bi-Weekly
- **March 11 & 25**
- 7:00pm to 8:30pm with Farah
- Virtual
- **Registration closed**
- Email Farah at flahens@cmhaww.ca for more information

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.

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

@ 1:00p – 2:30p with Lawrence

March 6th and 20th

Requirement: Having attended a full series of SHPS DBT Skills Peer Support
Questions? Email Allison at apurdy@cmhaww.ca

Menopause Mental Health Support **NO GROUP MARCH 6TH**

- Virtual, **LAST SESSION** March 27th
- 1:30 -3:00 pm
- **Registration closed**
- contact Farah at flahens@cmhaww.ca for more information

Virtual DBT Skills Peer Support

@ 3:00p – 4:30p with Dana & Lawrence.

Registration now full. No waitlist at this time.

For questions please contact Allison Purdy at apurdy@cmhaww.ca

Fridays

Virtual DBT Skills Peer Support

@ 3:00p – 4:30p with Lawrence.

Registration now full. No waitlist at this time.

For questions, 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)

Urban Sketching

March 3 from 1:30-3:30 p

No workshop March 10

Art Practice for Self-Care – Single Line

March 17 from 1:30-3:30 p

Art for Self Care

March 24 from 1:30-3:30 p

The Answers are Within You

March 31 from 1:30-3:30 p

Tuesday (Kitchener –67 King St East)

Tiny Art

March 4 from 1:30-3:30 p

No workshop March 11

Art Dolls (parts 3 & 4 out of 6) **FULL**

March 18 & 25 from 1:30-3:30 p

Wednesday (Guelph – 80 Waterloo Ave)

Tiny Art

March 5 from 1:30-3:30 p

No workshop March 12

Art Dolls (parts 3 & 4 out of 6) FULL

March 19 & 26 from 1:30-3:30 p

Thursday

Guelph Crochet & Knit Club (SHPS Group Room at 80 Waterloo Ave)

March 6 & 20 from 11a – 1 p

Virtual The Writing Life with Mary Katherine Carr

March 6 from 3:30-5:00p

Friday

No workshops on Fridays

Spark of Brilliance Group Descriptions

Art Dolls: Upcycling

Give unwanted porcelain dolls new life in this 6-week creative adventure! Using paint, fabric, and mixed media, you'll turn ordinary dolls into extraordinary characters and creatures straight from your imagination. Whether whimsical, eerie, or fantastical, these one-of-a-kind art dolls will reflect your unique vision. Join us to sculpt, paint, and breathe new life into these discarded treasures while learning about yourself! **This series is FULL.**

Art for Self Care

During this monthly workshop series, 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 Practice for Self-Care – Single Line

Join artist Barrie Jones, Scottish visual artist on Skillshare, as we explore how to use art as a powerful tool for mindfulness and self-care. By focusing on single-line drawing, you'll learn how to stay connected to your artwork, mirroring the way we can stay present with difficult emotions without feeling overwhelmed. Whether you're new to art or have more experience, this workshop is for everyone.

Guelph Crochet and Knit Club (80 Waterloo Ave. SHPS Group Room)

Calling all yarn lovers—beginners, pros, and everyone in-between! The Crochet & Knit Club is an open, drop-in group where you can learn, practice, and share your love for fiber arts. Not sure where to start? Don't get tangled up—we'll help you hook onto the basics in no time! Learn how to read patterns, pick the perfect hook, and spin your way through yarn choices. Already working on a

project? Bring it along to get in the loop with other crafters! Need knitting help? Just cast on and ask around for advice. Whether you're a newbie or have been purling for years, this is your space to create, relax, and share your passion. We have limited supplies available, so please bring your own hooks, needles and yarn. For beginners, we recommend starting with a 4-4.5mm hook and a chunkier yarn for easier crafting.

The Answers Are Within You (Virtual)

Join us for a unique writing and art 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 and artists will have the option to write or create art 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 and art from each workshop to be considered in a year end book project.

The Writing Life with Mary Katherine Carr (Virtual)

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!,

Tiny Art

Transform Scrabble tiles into miniature works of art in this fun and creative workshop! Using magazines, book pages, and your own small cutouts or doodles, you'll craft unique collaged pieces to use as magnets for curating a personalized collection on your fridge, or to frame as a collection. All materials will be provided but feel free to bring your own treasures to make your creations truly one-of-a-kind! If you wish, bring your stash of small images to incorporate into your design or share with others.

Urban Sketching

Join artist Julia Henze for another Urban Sketching class, perfect for beginners looking to enhance their skills! In this session, you'll learn how to draw a door, but there's more to it than just lines. We'll focus on three key challenges many students face: measuring proportions, understanding light and shadow, and choosing the right colors for your sketch. With Julia's step-by-step guidance, you'll build confidence in these areas and create a beautiful urban sketch. Whether you're new to sketching or looking to refine your technique, this class has you covered!

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 more information, 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 staff facilitator 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
 - Mt. Forest in person: 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)
 - 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

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 staff facilitator Farah at 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

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

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

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 & Self-Compassion

- Mindfulness lets us choose where to focus our attention. When we are mindful, we are in the moment. Mindfulness and Self-Compassion go hand in hand, so when we are mindful, we are able to be compassionate with ourselves and those around us. 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 Redefining Addiction. Reclaiming Our Dignity.

- This all-inclusive in person and virtual 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, houselessness, 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 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

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.

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 Colene at callen@cmhaww.ca

Kitchener Experiencing Disability

- This is an in person and virtual 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.

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 I Can’t Quit You: Changing Non-Substance Related Behaviours

- This group provides a non-judgemental space to discuss your experiences with behaviours that you self-identify as distressful, disruptive or even destructive in your life. These behaviours do not involve the use of substances such as drugs, alcohol or tobacco; instead, these non substance related behaviours may be such things as gambling, video

games/social media and technology, or other behaviours you identify as problematic and difficult to disengage from. Discussions will focus on common themes across various behaviours such as the thoughts and feelings we experience around the behaviours, when these behaviours are more and less problematic, and useful strategies which may help to disengage and change how we relate to these behaviours. Staff facilitator 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 Group

- Our group offers 8-week series, with two series available, dedicated to supporting individuals aged 30-65 through all stages of menopause, including perimenopause, menopause, post-menopause, and surgical menopause. We provide a compassionate space to discuss the mental health challenges that can accompany these transitions. Participants can share experiences, gain insights, and receive support from peers and professionals. Our focus is on effective coping strategies, stress management, and fostering a positive outlook. The group is facilitated by a Certified Women's Menopause Coach.
- **Registration closed**
- Contact Farah at flahens@cmhaww.ca for more information.
- 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.

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.

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

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