

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Virtual Click on the bit.ly URL to join via video or use the toll free phone number and ID number to join via telephone. (NOTE: Typing the link does not work)</p>				
<p>Supporting the Supporter @ 5:30p - 7:30p with Kass</p> <ul style="list-style-type: none"> • bit.ly/3WGpW6T • (833) 819-8075 & ID: 971 491 960# 	<p>RETURNING Virtual Self Compassion @ 10:00a - 11:30p with Kass - STARTING APRIL 15</p> <ul style="list-style-type: none"> • bit.ly/423psKc • (833) 819-8075 & ID: 770 408 296# <p>Chronic Pain and Mental Health Peer Support @ 11:00a - 12:00p with Katrina & Allison</p> <ul style="list-style-type: none"> • bit.ly/3AKonN5 • (833) 819-8075 & ID: 413 000 364# <p>I'm the Angry One @ 1:00p – 2:00p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3zrU11d • (833) 819-8075 & ID: 164 053 634# • ONLY GROUP ON APRIL 15 <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. • NO GROUP APRIL 1 OR 8 <p>Anxiety Depression & Hope Peer Support @ 7:00p – 8:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/3RllsJg • (833) 819-8075 & ID: 949 992 347# • ONLY GROUP ON APRIL 15 <p>NEW Guelph Redefining Addiction. Reclaiming our Dignity @ 6:00p - 7:00p - With Tonya - VIRTUAL & IN PERSON</p> <ul style="list-style-type: none"> • bit.ly/3Xfra9D • (833) 819-8075 & ID: 923 475 136# • 80 Waterloo Ave, Guelph 	<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>Cambridge Gender Journeys @ 1:30p - 2:30p with Michael - VIRTUAL & IN PERSON</p> <ul style="list-style-type: none"> • Email kdivenanzo@cmhaww.ca for virtual link. • 9 Wellington St, Cambridge <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. • NO GROUP APRIL 2 OR 9 <p>Coping with a Missing Person - @ 7:30p – 8:30p with Maureen & Cindy</p> <ul style="list-style-type: none"> • Email missingpersons@rogers.com to join. • BI-WEEKLY, APRIL 2, 16 AND 30 	<p>Self Esteem @ 10:30p-12:00p with Kass</p> <ul style="list-style-type: none"> • bit.ly/4aEg6lC • (833) 819-8075 & ID: 786 254 358# <p>Boundaries & Assertiveness @ 3:30p - 4:30p with Farah</p> <ul style="list-style-type: none"> • bit.ly/4hzi53g • (833) 819-8075 & ID: 222 596 520# • ONLY GROUP ON APRIL 24 <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# • NO GROUP APRIL 3 	<p>NO GROUPS ON APRIL 18</p> <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# • ONLY GROUP ON APRIL 25

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**.



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April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
In Person				
<p>Cambridge Mindfulness & Self-Compassion @ 10:00a - 11:00a with Colene</p> <ul style="list-style-type: none"> 9 Wellington St., Cambridge <p>Cambridge Anxiety, Depression & Hope Peer Support @ 11:30a - 12:30p with Colene</p> <ul style="list-style-type: none"> 9 Wellington St., Cambridge 	<p>NEW Kitchener Mindfulness & Self-Compassion @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> 67 King St. E, Kitchener <p>Kitchener Games Group @ 12:30p - 2:30p with Rob & Jen</p> <ul style="list-style-type: none"> 67 King St. E, Kitchener <p>RETURNING Kitchener Anxiety, Depression & Hope Peer Support @ 2:30p - 4:00p with Katrina & Daniel</p> <ul style="list-style-type: none"> 67 King St. E, Kitchener <p>RETURNING Kitchener Open Share @ 2:30p - 4:00p with Colene</p> <ul style="list-style-type: none"> 67 King St. E, Kitchener <p>NEW Guelph Redefining Addiction. Reclaiming our Dignity @ 6:00p - 7:00p - With Tonya - VIRTUAL & IN PERSON</p> <ul style="list-style-type: none"> bit.ly/3Xfra9D (833) 819-8075 & ID: 923 475 136# 80 Waterloo Ave, Guelph 	<p>NEW TIME Cambridge Intentional Living @ 11:00a - 12:00p with Kass</p> <ul style="list-style-type: none"> 9 Wellington St., Cambridge <p>Kitchener Walking Group @ 11:30a - 12:30p with Farah & Rob</p> <ul style="list-style-type: none"> Speaker's Corner in front of 67 King Street E., Kitchener <p>Cambridge Gender Journeys @ 1:30p - 2:30p with Michael - VIRTUAL & IN PERSON</p> <ul style="list-style-type: none"> Email kdivenanzo@cmhaww.ca for virtual link. 9 Wellington St, Cambridge <p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Allison</p> <ul style="list-style-type: none"> 80 Waterloo Ave, Guelph 	<p>NEW Kitchener Mind Over Mood @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> 67 King St. E, Kitchener <p>Kitchener Bowling Group @ 1:00p - 2:00p with Rob</p> <ul style="list-style-type: none"> Victoria Bowl, 280 Victoria St S, Kitchener NO GROUP APRIL 17 <p>Guelph Walk & Talk @ 1:30p - 2:30p with Tonya</p> <ul style="list-style-type: none"> Royal City Park (at the gazebo), Guelph 	<p>NO GROUPS ON APRIL 18</p> <p>Guelph Qi Gong @ 9:30a- 10:30a with Lisa</p> <ul style="list-style-type: none"> 80 Waterloo Ave., Guelph <p>Guelph Self-Compassion @ 10:30a - 11:45a with Amanda, Heather & Allison</p> <ul style="list-style-type: none"> 80 Waterloo Ave., Guelph <p>Cambridge Mind Over Mood @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> 9 Wellington St. Cambridge NO GROUP APRIL 4 <p>NEW TIME Cambridge Meditation Group @ 1:30p - 2:30p with Kass</p> <ul style="list-style-type: none"> 9 Wellington St, Cambridge

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Enrolled Recovery Learning Groups

[Listen to our podcast!](#)

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual				
No enrolled groups on Mondays	<p>Mind Over Mood Peer Support @ 3:00p - 4:30p with Lawrence</p> <ul style="list-style-type: none"> Groups will meet weekly for approximately 8 months. For questions, please email Allison at apurdy@cmhaww.ca. <p>Menopause Mental Health Support @ 7:00p - 8:30p with Farah</p> <ul style="list-style-type: none"> 4th Tuesday this month. April 22 last session. NO GROUP APRIL 8 For questions, please email Farah at flahens@cmhaww.ca. 	<p>Peers for Safer Living</p> <ul style="list-style-type: none"> 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. 	<p>DBT Skills Peer Support Skills Refresher @ 1:00p – 2:30p with Lawrence</p> <ul style="list-style-type: none"> APRIL 3 AND 17 Closed Group Requirement: Having attended a full series of DBT Skills Peer Support. For questions, please email Allison at apurdy@cmhaww.ca. <p>DBT Skills Peer Support @ 3:00p – 4:30p with Dana & Lawrence.</p> <ul style="list-style-type: none"> Groups will meet weekly for approximately 18 months. For questions, please email Allison at apurdy@cmhaww.ca. Closed Group. No waitlist at this time. 	<p>NO GROUPS ON APRIL 18</p> <p>DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence.</p> <ul style="list-style-type: none"> Groups will meet weekly for approximately 18 months. For questions, please email Allison at apurdy@cmhaww.ca. Closed Group. No waitlist at this time.

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

April 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual	In Person - 67 King St E, Kitchener	In Person - 80 Waterloo Ave, Guelph	Virtual and In Person	
Studying the Masters: Kandinsky <ul style="list-style-type: none"> April 7 from 1:30p - 3:30p Art for Self Care <ul style="list-style-type: none"> April 14 from 1:30p - 3:30p NO WORKSHOP ON APRIL 21 The Answers are Within You <ul style="list-style-type: none"> April 28 from 1:30p - 3:30p 	Art Journaling <ul style="list-style-type: none"> April 1 from 1:30p - 3:30p Abstract Underpainting <ul style="list-style-type: none"> April 8 & 15 from 1:30p - 3:30p Art Dolls (parts 5 & 6 out of 6) Full <ul style="list-style-type: none"> April 22 & 29 from 1:30p - 3:30p 	Spring Living Sculptures <ul style="list-style-type: none"> April 2 from 1:30p - 3:30p Art Journaling <ul style="list-style-type: none"> April 9 from 1:30p - 3:30p Plant Propagation <ul style="list-style-type: none"> April 16 from 1:30p - 3:30p Art Dolls (parts 5 & 6 out of 6) FULL <ul style="list-style-type: none"> April 23 & 30 from 1:30p - 3:30p 	Crochet & Knit Club <ul style="list-style-type: none"> April 3 & 17 from 11:00 am to 1:00 pm 80 Waterloo Ave, Guelph - SHPS Group Room The Writing Life with Mary Katherine Carr <ul style="list-style-type: none"> April 3 from 3:30 pm to 5:00 pm Virtual 	No workshops on Fridays

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* 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.

Abstract Underpainting - Unlock your creativity in this fun and inspiring two-part workshop! In the first session, we'll dive into acrylic paints, creating bold, colorful abstract backgrounds. Then, in the second session, we'll bring those backgrounds to life by using white paint to craft unique imagery, allowing the beauty of the negative space to shine through.

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 Journaling - Dive into the creative world of art journaling with this ongoing workshop where each session offers new prompts 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!

Guelph Crochet and Knit Club - 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.

Plant Propagation - Ready to grow your plant family? Join us for a fun and friendly workshop where you'll learn how to grow new plants from cuttings and explore the many benefits of having nature in your home! We're thrilled to partner with our amazing horticulture therapist, Heidi Torreiter, to guide you through proper propagation techniques and share tips to help your plants thrive. Feel free to bring along your favorite houseplants that you'd like to propagate. It's a great way to share cuttings with the group, exchange plant care tips, and leave with some new green friends for your home! Whether you're a total beginner or already have a jungle at home, everyone is welcome.

Spring Living Sculptures - We're excited to partner with the Guelph Enabling Garden and our fabulous friend and horticulture therapist, Heidi Torreiter, to kick off the garden season with a creative and therapeutic workshop! You will have the freedom to design and craft your own unique living nature sculpture, combining art and nature in a fun, hands-on experience that will allow you to bring nature into your home. Please mention when registering if you have any specific plant allergies.

Studying the Masters: Kandinsky - 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 Wassily Kandinsky.

The Answers Are Within You - 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 - This workshop, facilitated by writer and editor Mary Katherine Carr, will explore creative intuition and writing as a healing practice and force for positive transformation in the self and in our community. We will experiment with various forms of writing, including fiction, creative non-fiction, poetry, and letters, taking inspiration from writers past and present, from all around the world. We will share our work with one another when we feel inspired and comfortable doing so and provide supportive feedback, exploring our natural curiosity and instincts. Writing can be a self-care practice, as well as a vehicle for social change - your words are powerful!

Program Descriptions

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

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 In person Tuesday - staff facilitator email Colene at callen@cmhaww.ca.
- Tuesday evening bi-weekly 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 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 (and Virtual) Gender Journeys (Virtual and In Person) - 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 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 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.

Program Descriptions

Guelph (and Virtual) Redefining Addiction. Reclaiming Our Dignity (Virtual and In Person) -

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. Staff facilitator email Tonya tevans@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.

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 Anxiety, Depression & Hope Peer Support - See above, [Anxiety, Depression & Hope Peer Support](#).

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 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 Mindfulness & Self-Compassion Group - 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.

Kitchener Mind over Mood Group - 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.

Kitchener Open-Share - Participants have an informal discussion about their mental health and wellbeing. Staff facilitator email Colene at callen@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.

Menopause Mental Health Support - 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. Email Farah at flahens@cmhaww.ca to register. **Registration Closed.**

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-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 Kass at kdivenanzo@cmhaww.ca.

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.