

Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar April 2025

Drop-In Self Help & Peer Support Groups Schedule

See below for 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](https://www.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.ly” link (typing it does not work).

Mondays

Virtual Groups

Supporting the Supporter

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

In Person Groups

Cambridge Mindfulness & Self-Compassion

- 10:00 am to 11:00 am with Colene
- **In-person**

- 9 Wellington St., Cambridge

Cambridge Anxiety, Depression & Hope Peer Support

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

Tuesdays

Virtual Groups

Returning Group: Virtual Self-Compassion (Starting April 15)

- 10:00 am to 11:30 am with Kass
- <https://bit.ly/423psKc>
- (833) 819-8075 & Phone conference ID: 770 408 296#

Chronic Pain and Mental Health Peer Support

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

I'm the Angry One (No Group April 1)

- 1:00 pm to 2:00 pm with Farah
- **One session this month on April 15th**
- **Virtual**
- <https://bit.ly/3zrU11d>
- (833) 819-8075 & Phone conference ID: 164 053 634#

Buried in Treasures Peer Support (No Group April 1 or 8)

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

Anxiety Depression & Hope Peer Support (No Group April 1)

- 7:00 pm to 8:30 pm with Farah
- **One session this month: April 15**

- **Virtual**
- <https://bit.ly/3RIIsJg>
- (833) 819-8075 & Phone conference ID: 949 992 347#

Hybrid Groups (both virtual and in person)

New Group: Guelph Redefining Addiction. Reclaiming our Dignity

- 6:00 pm to 7:00 pm 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

New Group: Kitchener Mindfulness & Self Compassion Group

- 10:30 am to 11:30 am with Colene
- **In person**
- 67 King St E., Kitchener

New Time: Kitchener Games Group

- 12:00 pm to 2:00 pm with Rob and Jen
- **In person**
- 67 King St E., Kitchener
- **New time from 12:00 pm to 2:00pm starting April 15**

Returning Group: Kitchener Anxiety, Depression and Hope Peer Support

- 2:30 pm to 4:00 pm with Katrina and Daniel
- **In person**
- 67 King St E., Kitchener

Returning Group: Kitchener Open Share

- 2:30 pm to 4:00 pm with Colene
- **In person**
- 67 King St E., Kitchener

Wednesdays

Virtual Groups

Anxiety, Depression and Hope Peer Support

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

Afro Caribbean Black Mental Health Support Group (No Group April 2 or 9)

- 6:30 pm to 8:00 pm with Farah
- April 16, 23 and 30
- **Virtual**
- Email flahens@cmhaww.ca to join

Coping with a Missing Person

- 7:30 pm to 8:30 pm with Maureen & Cindy
- **Virtual biweekly**
- **April 2, 16 and 30**
- Email missingpersons@rogers.com to join.

Hybrid Groups (both virtual and in person)

Cambridge Gender Journeys

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

In Person Groups

New Time: Cambridge Intentional Living

- 11:00 am to 12:00 pm with Kass
- **In-person**
- 9 Wellington Street, Cambridge

Kitchener Walking Group

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

Guelph Anxiety, Depression & Hope Peer Support

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

Thursdays

Virtual Groups

Self-Esteem

- 10:30 am-12:00 pm with Kass
- **Virtual**
- <https://bit.ly/4aEg6lC>
- (833) 819-8075 & ID: 786 254 358#

Boundaries and Assertiveness (No Group April 10)

- 3:30 pm to 4:30 pm with Farah
- **Virtual**
- **One session this month: April 24**
- <https://bit.ly/4hzi53g>
- (833) 819-8075 & ID: 222 596 520#

Bipolar Disorder Peer Support Group (No Group April 3)

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

In Person Groups

New Group: Kitchener Mind Over Mood Group

- 10:30 am to 11:30 am with Colene

- **In Person**
- 67 King St. E., Kitchener

Kitchener Bowling Group (No Group April 17)

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

Guelph Walk & Talk

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

Fridays

Virtual Groups (No Groups April 18)

Mental Health & Wellness Skills

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

Abstinence Not Required Substance Use Support Group (No Group April 4 or 18)

- 3:00 pm to 4:00 pm with Farah
- **Virtual**
- **One session this month: April 25**
- <https://bit.ly/3VYr99C>
- (833) 819-8075 & ID: 298 076 099#

In Person Groups (No Groups April 18)

Guelph Qi Gong

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

Guelph Self Compassion

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

Cambridge Mind Over Mood (No Group April 4)

- 10:30 am to 11:30 am with Colene
- **In-person April 11 and 25**
- 9 Wellington St., Cambridge.

New Time: Cambridge Meditation Group

- 1:30 pm to 2:30 pm with Kass
- **In-Person**
- 9 Wellington St., Cambridge

Enrolled Recovery Learning Groups Schedule

Mondays

No enrolled groups on Mondays

Tuesdays

Virtual Mind Over Mood Peer Support

- 3:00 pm to 4:30 pm with Lawrence
- Group will meet weekly for approximately 8 months.
- For questions, please email Allison at apurdy@cmhaww.ca.

Tuesday Menopause Mental Health Support (No Group April 8)

- 7:00 pm to 8:30 pm with Farah
- **April 22 (last session)**
- Virtual
- For questions, please email Farah at flahens@cmhaww.ca

Wednesdays

Virtual Peers for Safer Living

- 10-week group for those who have completed the 20 week group.
- To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063.

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

- 1:00 pm to 2:30 pm with Lawrence
- April 3 and 17
- For questions, please email Allison at apurdy@cmhaww.ca.
- **Closed Group.** Requirement: Having attended a full series of SHPS DBT Skills Peer Support

Virtual DBT Skills Peer Support

- 3:00 pm to 4:30 pm with Dana & Lawrence.
- Group will meet for approximately 18 months.
- For questions, please email Allison at apurdy@cmhaww.ca.
- **Closed Group.** No waitlist at this time.

Fridays

Virtual DBT Skills Peer Support (**No group April 18**)

- 3:00 pm to 4:30 pm with Lawrence.
- Group will meet for approximately 18 months.
- For questions, please email Allison at apurdy@cmhaww.ca.
- **Closed Group.** No waitlist at this time.

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)

Studying the Masters: Kandinsky

- April 7 from 1:30 pm to 3:30 pm

Art for Self Care

- April 14 from 1:30 pm to 3:30 pm

(No workshop on April 21)

The Answers are Within You

- April 28 from 1:30 pm to 3:30 pm

Tuesday (Kitchener – 67 King St East)

Art Journaling

- April 1 from 1:30 pm to 3:30 pm

Abstract Underpainting

- April 8 & 15 from 1:30 pm to 3:30 pm

Art Dolls (parts 5 & 6 out of 6) **Full**

- April 22 & 29 from 1:30 pm to 3:30 pm

Wednesday (Guelph – 80 Waterloo Ave)

Spring Living Sculptures

- April 2 from 1:30 pm to 3:30 pm

Art Journaling

- April 9 from 1:30 pm to 3:30 pm

Plant Propagation

- April 16 from 1:30 pm to 3:30 pm

Art Dolls (parts 5 & 6 out of 6) **Full**

- April 23 & 30 from 1:30 pm to 3:30 pm

Thursday

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

- April 3 & 17 from 11:00 am to 1:00 pm

Virtual: The Writing Life with Mary Katherine Carr

- April 3 from 3:30 pm to 5:00 pm

Friday

No workshops on Fridays

Spark of Brilliance Group Descriptions

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 (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.

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 (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!

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.
- Kitchener In person Tuesday - staff facilitator email Colene at callen@cmhaww.ca.
- Tuesday evening biweekly 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 (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 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.

Cambridge 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.

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

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

Menopause Mental Health Support Group

- Our group offers an 8-week series 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. Contact Farah at flahens@cmhaww.ca for more information. **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.