

## Drop In Self Help & Peer Support Groups

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June 2025

### 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)

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <p><b>NEW GROUP</b><br/><b>Hope for Recovery</b> @ 12:30p-1:30p<br/>with Kass</p> <ul style="list-style-type: none"> <li>June 2, 9, 16, 23, 30</li> <li><a href="http://bit.ly/42rLO9F">http://bit.ly/42rLO9F</a></li> <li>(833) 819-8075 &amp; ID: 290 786 821#</li> </ul> <p><b>Supporting the Supporter</b> @ 5:30p - 7:30p with Kass</p> <ul style="list-style-type: none"> <li>June 2, 9, 16, 23, 30</li> <li><a href="http://bit.ly/3WGpW6T">bit.ly/3WGpW6T</a></li> <li>(833) 819-8075 &amp; ID: 971 491 960#</li> </ul> | <p><b>RETURNING Virtual Self Compassion</b> @ 10:00a - 11:30p<br/>with Kass</p> <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> <li><a href="http://bit.ly/423psKc">bit.ly/423psKc</a></li> <li>(833) 819-8075 &amp; ID: 770 408 296#</li> </ul> <p><b>Anxiety Depression &amp; Hope Peer Support</b> @ 7:00p – 8:00p<br/>with Tonya</p> <ul style="list-style-type: none"> <li>June 3, 17</li> <li><a href="http://bit.ly/3RllsJg">bit.ly/3RllsJg</a></li> <li>(833) 819-8075 &amp; ID: 949 992 347#</li> </ul> <p><b>Guelph Redefining Addiction. Reclaiming our Dignity</b> @ 6:00p - 7:00p - With Tonya -<br/><b>NOW VIRTUAL ONLY</b></p> <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> <li><a href="http://bit.ly/3Xfra9D">bit.ly/3Xfra9D</a></li> <li>(833) 819-8075 &amp; ID: 923 475 136#</li> </ul> | <p><b>Anxiety, Depression and Hope Peer Support</b> @ 1:30p – 3:30p with Lawrence</p> <ul style="list-style-type: none"> <li>June 4, 11, 18, 25</li> <li><a href="http://bit.ly/4fjPPBd">bit.ly/4fjPPBd</a></li> <li>(833) 819-8075 &amp; ID: 617 321 551#</li> </ul> <p><b>Coping with a Missing Person</b> @ 7:30p – 8:30p with Maureen &amp; Cindy</p> <ul style="list-style-type: none"> <li>BI-WEEKLY</li> <li>June 11, 25</li> <li>Email <a href="mailto:missingpersons@rogers.com">missingpersons@rogers.com</a> to join.</li> </ul> | <p><b>Self Esteem</b> @ 10:30p-12:00p<br/>with Kass</p> <ul style="list-style-type: none"> <li>June 5, 12, 19, 26</li> <li><a href="http://bit.ly/4aEg6lC">bit.ly/4aEg6lC</a></li> <li>(833) 819-8075 &amp; ID: 786 254 358#</li> </ul> | <p><b>Mental Health &amp; Wellness Skills</b> @ 1:00p – 2:00p with Colene</p> <ul style="list-style-type: none"> <li>June 6, 13, 20, 27</li> <li><a href="http://bit.ly/48En3H6">bit.ly/48En3H6</a></li> <li>(833) 819-8075 &amp; ID: 213 570 692#</li> </ul> |

**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**.

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June 2025

| In Person By Site  |  |   |   |   |
|--|--|---|---|---|
| CAMBRIDGE<br>9 Wellington St   |  |   |   |   |
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
| <b>Cambridge Mindfulness &amp; Self-Compassion</b> @ 10:00a - 11:00a with Colene<br><ul style="list-style-type: none"> <li>June 2, 9, 16, 23, 30</li> </ul><br><b>Cambridge Anxiety, Depression &amp; Hope Peer Support</b> @ 11:30a - 12:30p with Colene<br><ul style="list-style-type: none"> <li>June 2, 9, 16, 23, 30</li> </ul> |  | <b>Cambridge Intentional Living</b> @ 11:00a - 12:00p with Kass<br><ul style="list-style-type: none"> <li>June 4, 11, 18, 25</li> </ul> |   | <b>Cambridge Mind Over Mood</b> @ 10:30a - 11:30a with Colene<br>June 6 and 27 <b>NO GROUP JUNE 13 or 20</b><br>9 Wellington St. Cambridge<br><br><b>Cambridge Meditation Group</b> @ 1:30p - 2:30p with Kass<br>June 6, 13, 20, 27<br>9 Wellington St, Cambridge   |
| GUELPH<br>80 Waterloo Ave.   |  |   |   |   |
| Monday   | Tuesday  | Wednesday   | Thursday  | Friday  |
|  | <b>Guelph River Steps</b> @ 3:00p - 4:00p with Tonya<br><ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> <li><b>Royal City Park (at the gazebo)</b></li> </ul> |   | <b>Guelph Walk &amp; Talk</b> @ 1:30p - 2:30p with Tonya<br><ul style="list-style-type: none"> <li>June 5, 12, 19, 26</li> <li><b>Royal City Park (at the gazebo),</b></li> </ul> | <b>Guelph Qi Gong</b> @ 9:30a-10:30a with Lisa<br><ul style="list-style-type: none"> <li>June 6, 13, 20, 27</li> <li><b>Exhibition Park near corner of London Rd and Kathleen St., June-August if nice weather</b></li> <li><b>80 Waterloo Ave June-August if raining except on June 27 it will be cancelled if it's raining</b></li> </ul> |
| continued on next page   |  |   |   |   |

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June 2025

### In Person By Site continued

#### KITCHENER 67 King St. East

| Monday | Tuesday   | Wednesday   | Thursday  | Friday |
|--------|---|---|---|--------|
|        | <b>Kitchener Mindfulness &amp; Self-Compassion @ 10:30a - 11:30a</b><br>with Colene <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> </ul> <b>Kitchener Games Group @ 12:00p - 2:00p</b> with Rob & Jen <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> </ul> <b>Kitchener Anxiety, Depression &amp; Hope Peer Support @ 2:30p - 4:00p</b> with Katrina & Daniel <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> </ul> <b>Kitchener Open Share @ 2:30p - 4:00p</b> with Colene <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> </ul> | <b>Kitchener Walking Group @ 11:30 a -12:30 p</b> with Rob <ul style="list-style-type: none"> <li>June 4, 11, 18, 25</li> </ul> | <b>Kitchener Mind Over Mood @ 10:30a - 11:30a</b> with Colene <ul style="list-style-type: none"> <li>June 5, 12, 19, 26</li> </ul> <b>Kitchener Bowling Group @ 1:00p - 2:00p</b> with Rob <ul style="list-style-type: none"> <li>June 5, 12, 19, 26</li> <li><b>Victoria Bowl, 280 Victoria St S, Kitchener</b></li> </ul> |        |

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## Enrolled Recovery Learning Groups (All are Virtual)

[Listen to our podcast!](#)

June 2025

| Monday                        | Tuesday  | Wednesday   | Thursday  | Friday   |
|-------------------------------|--|---|---|--|
| <b>Virtual</b>                |  |   |   |  |
| No enrolled groups on Mondays | <b>Mind Over Mood Peer Support</b><br>@ 3:00p - 4:30p with Lawrence <ul style="list-style-type: none"> <li>June 3, 10, 17, 24</li> <li>Groups meet weekly for approximately 8 months.</li> <li>Registration is closed</li> <li>For questions, please email Allison at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a>.</li> </ul> | <b>Peers for Safer Living</b> <ul style="list-style-type: none"> <li>10-week group for those who have completed the 20-week group.</li> <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> <b>Riding the Wave of Emotions</b> <ul style="list-style-type: none"> <li>16 week group that began May 21</li> <li>June 4, 11, 18, 25</li> <li>Registration is closed.</li> </ul> Questions? Please contact Jane at <a href="mailto:jbrown@cmhaww.ca">jbrown@cmhaww.ca</a> | <b>DBT Skills Peer Support @ 3:00p – 4:30p with Dana &amp; Lawrence.</b> <ul style="list-style-type: none"> <li>June 5, 12, 19, 26</li> <li>Groups will meet weekly for approximately 18 months.</li> <li>For questions, please email Allison at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a>.</li> <li><b>Closed Group.</b> No waitlist at this time.</li> </ul> | <b>DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence.</b> <ul style="list-style-type: none"> <li>June 6, 13, 20, 27</li> <li>Groups will meet weekly for approximately 18 months.</li> <li>For questions, please email Allison at <a href="mailto:apurdy@cmhaww.ca">apurdy@cmhaww.ca</a>.</li> <li><b>Closed Group.</b> No waitlist at this time.</li> </ul> |

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.

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## Enrolled Spark of Brilliance Groups

June 2025

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday                  |
|--|---|---|---|-------------------------|
| Virtual  | In Person - 67 King St E, Kitchener   | In Person - 80 Waterloo Ave, Guelph   | Virtual and In Person   |                         |
| <b>Doodling People</b> <ul style="list-style-type: none"> <li>June 2 &amp; 9 1:30p-3:30p</li> </ul> <b>Studying the Masters: Faith Ringgold</b> <ul style="list-style-type: none"> <li>June 16 1:30p-3:30p</li> </ul> <b>Art for Self Care</b> <ul style="list-style-type: none"> <li>June 23 1:30p-3:30p</li> </ul> <b>The Answers are Within You</b> <ul style="list-style-type: none"> <li>June 30 1:30p-3:30p</li> </ul> | <b>Printmaking - Make Up Workshop</b> <ul style="list-style-type: none"> <li>June 3 1:30p-3:30p</li> </ul> <b>Keychain Art</b> <ul style="list-style-type: none"> <li>June 10 1:30p-3:30p</li> </ul> <b>Neurographic Art</b> <ul style="list-style-type: none"> <li>June 17 1:30p-3:30p</li> </ul> <b>In Progress</b> <ul style="list-style-type: none"> <li>June 24 1:30p-3:30p</li> </ul> | <b>Magical Fairy House Building (At Guelph Enabling Garden, Riverside Park)</b> <ul style="list-style-type: none"> <li>June 4 &amp; 18 1:30p-3:30p</li> </ul> <b>3D Needle-felting (Part 2/2)</b> <ul style="list-style-type: none"> <li>June 11 1:30p-3:30p</li> </ul> <b>Neurographic Art</b> <ul style="list-style-type: none"> <li>June 25 1:30p-3:30p</li> </ul> | <b>Guelph: Crochet &amp; Knit Club (SHPS Group Room at 80 Waterloo Ave)</b> <ul style="list-style-type: none"> <li>June 5 &amp; 19 11:00a-1:00p</li> </ul> <b>Virtual: The Writing Life with Mary Katherine Carr</b> <ul style="list-style-type: none"> <li>June 5 3:30p - 5:00p</li> </ul> | 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](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.

**3D Needle Felting** - In this two-part workshop, you'll learn the art of needle felting to create your own whimsical 3D wool sculptures. From animals and characters to flowers or fantasy creatures, the choice is yours! We'll start with the basics and build up your piece over two sessions, exploring techniques for shaping, detailing, and bringing your creation to life. No experience needed—all materials provided!

**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.

### Doodling People

In this fun and beginner-friendly workshop via Skillshare, you'll learn how to sketch expressive people through simple doodling techniques. Led by urban sketcher Toby Haseler, the session focuses on building your confidence while teaching you how to break down complex figures into easy, approachable shapes. You'll explore how to add personality with poses, clothing, and accessories, and even how to include pets and background elements. By the end, you'll have a page full of unique character doodles and a better understanding of drawing fundamentals—all with just a pen and paper.

**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.

**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! Remember to bring the supplies along that you will need to work on your project during the workshop time.

### Keychain Art

Join us for a fun and creative workshop where you'll design unique art keychains using paint, collage, and your imagination! Whether you're crafting a keepsake for yourself or a handmade gift for someone special, you'll leave with one-of-a-kind pieces that are as meaningful as they are beautiful. All supplies provided—just bring your creativity!

### Magical Fairy House Building (@ The Guelph Enabling Garden, Riverside Park)

Calling all serious fairy house builders! Let your imagination take flight as you begin crafting your own whimsical fairy house in this two-part workshop! Using natural and recycled materials, paint, and embellishments, you'll design a charming miniature dwelling that could be featured in our upcoming "Fairy Fest" (name TBD) at the Guelph Enabling Garden this September. After the workshops, you're encouraged to continue building at home until the September event. All completed houses submitted for the event will be entered into a "Best in Show" contest! Supplies provided—feel free to bring any special items you'd like to include. Space limited to 12 builders!

## Spark of Brilliance

### Program descriptions continued

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**Neurographic Art-** Explore the soothing and intuitive process of neurographic art—a creative technique that blends mindfulness and abstract drawing. In this workshop, you'll learn how to transform thoughts and emotions into flowing lines and shapes, resulting in beautiful, organic designs. No art experience needed—just a willingness to relax, reflect, and let your pen lead the way.

**Printmaking – Carve & Create** - Join us for this playful two-part printmaking workshop! In the first session, we'll dive into the art of stamp carving, creating unique designs that reflect your personal style. In the second session, we'll bring our stamps—and our imaginations—together to make a variety of prints, experimenting with color, layering, and collaborative creativity using each other's stamps. No experience needed—just bring your curiosity!

**Studying the Masters: Faith Ringgold-** 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 Faith Ringgold.

**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!

## Self Help & Peer Support Program Descriptions

**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 In person Tuesday - staff facilitator email Colene at [callen@cmhaww.ca](mailto:callen@cmhaww.ca).
- Tuesday evening twice-per-month virtual group staff facilitator email Tonya at [tevans@cmhaww.ca](mailto:tevans@cmhaww.ca).
- Wednesday virtual - staff contact Meghan at [mshuebrook@cmhaww.ca](mailto:mshuebrook@cmhaww.ca).

**BPD Peer Support Group** - This group provides a space to meet weekly to offer hope, validation, shared experience and skills for those living with borderline personality disorder. This group is fully peer support. Staff facilitator Kass at [kdivenanzo@gmail.com](mailto:kdivenanzo@gmail.com).

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

**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 & 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](mailto:callen@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).

**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 River Steps** - 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).

**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).

**Hope for Recovery** - This group will help provide hope for recovery, enhance motivation for support, and increased feelings of connectedness and belonging for those who experience eating disorders and body dysmorphia/challenges. All discussions will come from a trauma-informed lens. Staff facilitator email Kass at [kdivenanzo@cmhaww.ca](mailto:kdivenanzo@cmhaww.ca).



## Self Help & Peer Support Program

### Descriptions continued

**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 Colene at [callen@cmhaww.ca](mailto:callen@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 Colene at [callen@cmhaww.ca](mailto:callen@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](mailto: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](mailto: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](mailto: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](mailto:flahens@cmhaww.ca).

**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).

**Mind Over Mood** - Virtual format. See Kitchener Mind Over Mood and Cambridge Mind Over Mood.

**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.

**Redefining Addiction. Reclaiming Our Dignity (now Virtual only)** - 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](mailto:tevans@cmhaww.ca).

**Riding the Wave of Emotions** - Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Take control of your emotions by learning how to respond to them. Please join us in learning how to identify, understand and release your emotions. Registration closed. Questions? Please contact Jane at [jbrown@cmhaww.ca](mailto:jbrown@cmhaww.ca).

**Self-Compassion** - This workbook-based virtual 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](mailto: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](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).