

Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar July 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/selfhelppeersupport. 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
- July 7, 14, 21, 28
- **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
- July 7, 14, 21, 28
- **In-person**
- 9 Wellington St., Cambridge

Cambridge Anxiety, Depression & Hope Peer Support

- 11:30 am to 12:30 pm with Colene
- July 7, 14, 21, 28
- **In-person**
- 9 Wellington St., Cambridge

Tuesdays **NO GROUPS JULY 1**

Virtual Groups

Self-Compassion

- 10:00 am to 11:30 am with Kass
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- **Virtual**
- <https://bit.ly/423psKc>
- (833) 819-8075 & Phone conference ID: 770 408 296#

In Person Groups

Kitchener Mindfulness & Self Compassion

- 10:30 am to 11:30 am with Colene
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- **In person**
- 67 King St E., Kitchener

Kitchener Games

- 12:00 pm to 2:00 pm with Rob and Jen
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- **In person**
- 67 King St E., Kitchener

Kitchener Anxiety, Depression and Hope Peer Support

- 2:30 pm to 4:00 pm with Katrina and Daniel
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- **In person**
- 67 King St E., Kitchener

Kitchener Open Share

- 2:30 pm to 4:00 pm with Colene
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- **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
- July 2, 9, 16, 23, 30
- **Virtual**
- <https://bit.ly/4fjPPBd>
- (833) 819-8075 & Phone Conference ID: 617 321 551#

BPD Peer Support

- 3:00 pm to 4:00 pm with Kass
- July 2, 9, 16, 23
- **No group July 30**

- **Virtual**
- <https://bit.ly/4lEJqE1>
- (833) 819-8075 & Phone conference ID: 979 561 457#

Coping with a Missing Person

- 7:30 pm to 8:30 pm with Maureen & Cindy
- Biweekly
- July 9 and 23
- **Virtual**
- Email missingpersons@rogers.com to join.

In Person Groups

Kitchener Walking Group

- 11:30 am to 12:30 pm with Rob
- July 2, 9, 16, 23, 30
- **In Person**
- Speaker's Corner in front of 67 King Street E., Kitchener

Thursdays

Virtual Groups

Self-Esteem

- 10:30 am to 12:00 pm with Kass
- July 3, 10, 17, 24
- **No group July 31**
- **Virtual**
- <https://bit.ly/4aEg6lC>
- (833) 819-8075 & Phone Conference ID: 786 254 358#

In Person Groups

Kitchener Mind Over Mood

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

- July 3, 10, 17, 24, 31
- **In Person**
- 67 King St. E., Kitchener

Kitchener Bowling

- 1:00 pm to 2:00 pm with Rob
- July 3, 10, 17, 24, 31
- **In Person**
- Victoria Bowl, 280 Victoria St S, Kitchener

NEW DAY Cambridge Intentional Living

- 1:30 pm to 2:30 pm with Kass
- July 3, 10, 17, 24
- **No group July 31**
- **In-person**
- 9 Wellington Street, Cambridge

Fridays

Virtual Groups

Mental Health & Wellness Skills

- 1:00 pm to 2:00 pm with Colene
- July 4, 11, 18, 25
- **Virtual**
- bit.ly/48En3H6
- (833) 819-8075 & ID 213 570 692#

In Person Groups

Guelph Qi Gong in the Park

- 9:30 am to 10:30 am with Lisa
- July 4, 11, 18, 25
- **In Person**
- **New Location:** Exhibition Park (Meet near the corner of London Rd & Kathleen St - Parking on Kathleen St

- Raining? Meet us at 80 Waterloo Ave, SHPS Group room **except on July 4: the group will be cancelled July 4 if it's raining**

Cambridge Mind Over Mood

- 10:30 am to 11:30 am with Colene
- July 4, 11, 18, 25
- **In-person**
- 9 Wellington St., Cambridge.

Cambridge Meditation

- 1:30 pm to 2:30 pm with Kass
- July 4, 11, 18, 25
- **In-Person**
- 9 Wellington St., Cambridge

NEW GROUP Kitchener Colour Your Calm

- 3:00 pm to 4:00 pm with Katrina
- July 4, 11, 18, 25
- **In-person**
- 67 King St East

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
- **NO GROUP JULY 1**
- July 8, 15, 22, 29
- Group will meet weekly for approximately 8 months.

- **Closed Group.** For questions, please email Allison at apurdy@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.

Virtual Riding the Wave of Emotion

- 16 week group starting May 21 (until September 10)
- 2:00 pm to 3:30 pm with Katrina
- July 2, 9, 16, 23, 30
- **Registration closed.** Questions? Staff email Jane at jbrown@cmhaww.ca

Thursdays

Virtual DBT Skills Peer Support Skills Refresher

- 1:00 pm to 2:30 pm with Lawrence
- 1st & 3rd Thursday
- July 3 & 17
- For questions, please email Meghan at mshuebrook@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.
- July 3, 10, 17, 24, 31
- Group will meet for approximately 18 months.
- For questions, please email Meghan at mshuebrook@cmhaww.ca.
- **Closed Group.** No waitlist at this time.

Fridays

Virtual DBT Skills Peer Support

- 3:00 pm to 4:30 pm with Lawrence.
- July 4, 11, 18, 25
- Group will meet for approximately 18 months.
- For questions, please email Meghan at mshuebrook@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)

Doodle Like a Child

- July 7 1:30 pm-3:30 pm

Studying the Masters: Georges Seurat

- July 14 1:30 pm-3:30 pm

Art for Self Care

- July 21 1:30 pm - 3:30 pm

The Answers are Within You

- July 28 1:30 pm - 3:30 pm

Tuesday (Kitchener – 67 King St East)

Artist Potluck Social (**Breithaupt Centre 350 Margaret Avenue, Kitchener**)

- July 8 1:00 pm - 3:30 pm

Mystery Makers

- July 15 & 22 1:30 pm - 3:30 pm

Mindful Monograms

- July 29 1:30 pm - 3:30 pm

Wednesday (Guelph – 80 Waterloo Ave)

Artist Potluck Social (**Riverside Park**)

- July 2 1:30 pm - 3:30 pm

In Progress

- July 9 1:30 pm - 3:30 pm

Art of the Enchanted Realms – Part 1 of 2 (**Guelph Enabling Garden - Riverside Park**)

- July 16 & August 6 1:30 pm - 3:30 pm

Mystery Makers

- July 23 & 30 1:30 pm - 3:30 pm

Thursday

Virtual: The Writing Life with Mary Katherine Carr

- July 3 3:30 pm - 5:00 pm

Friday

No workshops on Fridays

Spark of Brilliance Group Descriptions

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 of the Enchanted Realms

- In partnership with the Guelph Enabling Garden, this workshop invites you to help bring our *Enchanted Fairyland* event to life! Create whimsical paintings and fairy sculptures inspired by one of seven nature domains: Water, Trees, Pollination, Birds, Climate, Soil, or Wildlife. Supplies will be provided, but feel free to bring any fabric, natural materials, or embellishments that suit your chosen theme. Finished pieces will be displayed at the September 20 event and can be picked up afterward. Let your imagination take flight!

Artist Potluck Social – GUELPH (Riverside Park)

- Join us for a joyful potluck and artist meetup where creativity, connection, and community take center stage! Bring a dish to share and an art piece for a casual show-and-tell — whether finished or in progress — that reflects your healing journey or artistic growth. It's a chance to share stories, spark inspiration, and enjoy time with like-minded creatives in a relaxed, welcoming setting. We'll also be getting colorful with a tie-dye station! Bring along anything you'd like to dye — t-shirts, socks, canvas bags, pants — as many items as you like. Just keep in mind you'll be taking home wet, still-dyeing pieces, so plan accordingly for the weight! Outdoor games will be available, and we encourage everyone to bring a chair and tend to their self-care — sunhats, water bottles, sunscreen, or cozy layers, depending on the weather. When registering, please let me know about any dietary restrictions and what dish you plan to bring. I'll follow up if anything needs to be labeled. If the weather doesn't cooperate, we'll move indoors to our usual space.

Artist Potluck Social – KITCHENER (Breithaupt Centre, 350 Margaret Avenue)

- Join us for a joyful potluck and artist meetup where creativity, connection, and community take center stage! Bring a dish to share and an art piece for a casual show-and-tell — whether finished or in progress — that reflects your healing journey or artistic growth. This is a chance to share stories, spark inspiration, and enjoy the company of like-minded creatives in a relaxed, welcoming setting. Outdoor games will be available, and we encourage everyone to bring a chair and care for their comfort — sunhats, water bottles, sunscreen, or layers depending on the weather. When registering, please let me know about any dietary restrictions and what dish you plan to bring. I'll follow up if anything needs to be labeled. If the weather turns, we'll simply shift our plans indoors to our usual space. Connect, create, and celebrate with us!

Doodle Like a Child

- Creative block can paralyze our inspiration and motivation to create art, but there are tools at our disposal that can help us get back into that sketching groove. With the help of Skillshare and artist Toby Haseler, we'll work through five easy ideas to break down these barriers - whilst discussing the mindset and thought processes that help us get our artistic mojo back.

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.

Mindful Monograms

- In this heartfelt and creative workshop, you'll design a personalized, hand-drawn monogram — the first letter of your name — and fill it with drawings, symbols, and doodles that represent the things you love. Whether it's books, nature, cats, cozy sweaters, music, or teacups, your monogram will become a unique reflection of you. We'll start with shaping your letter and brainstorming your favourite things. From there, you'll bring your

monogram to life using your own artistic style — from minimalist to whimsical to bold and colourful. No art experience needed — just bring your imagination and an open heart!

Mystery Makers

- Get ready to shake things up and let your creativity run wild! In this playful workshop, each participant will choose a mystery envelope filled with a surprise mix of art materials. Your challenge is to use only what's inside (plus glue, scissors, and a canvas) to create a one-of-a-kind piece of art. This is all about letting go of perfection, stepping out of your comfort zone, and seeing where unexpected materials take you...

Studying the Masters: Charles Seurat

- 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 Charles Seurat.

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)

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.
 - Wednesday virtual – staff contact: Meghan at mshuebrook@cmhaww.ca

BPD Peer Support

- 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@cmhaww.ca.

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.

Cambridge Meditation

- 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.

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.

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 contact: email Meghan at mshuebrook@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 contact: Meghan at mshuebrook@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. **At Exhibition Park, London Rd and Kathleen St., when nice weather, June through August. If raining, group will be held at 80 Waterloo Ave except on July 4 the group will be cancelled altogether if it's raining.** Staff contact: Meghan at mshuebrook@cmhaww.ca

Kitchener Anxiety, Depression & Hope Peer Support

- See above, **Anxiety, Depression & Hope Peer Support.**

Kitchener Bowling

- 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.

NEW GROUP Kitchener Colour Your Calm

- Colouring offers various benefits for adults. It can help calm the brain, potentially lowering heart rate, respiration, and feelings of depression and anxiety. The focused, repetitive nature of colouring can help improve focus

on the present moment, promoting mindfulness and a sense of calm. Join us in person for colouring and conversation. All colouring materials are provided.

Kitchener Games

- 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.

Kitchener 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.

Kitchener 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.

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 Colene at callen@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.

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.

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 staff facilitator Jane at jbrown@cmhaww.ca.

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.