

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

March 2026

Virtual (using Microsoft Teams)

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>Supporting the Supporter @ 5:30p - 7:30p with Mikayla</p> <ul style="list-style-type: none"> March 2, 9, 16, 23, 30 https://bit.ly/4pkG49W (833) 819-8075 & ID: 469 226 693# 	<p>NEW EVENING GROUP - Anxiety, Depression and Hope Peer Support @ 6:30p-8:00p with Brenda</p> <ul style="list-style-type: none"> March 3, 10, 17, 24, 31 https://bit.ly/3O5G7cF (833) 819-8075 & Phone conference ID: 318 123 971# 	<p>NEW GROUP - Keeping on Track: A 6-week Challenge to Change @ 10:30a-12:00p with Richard</p> <ul style="list-style-type: none"> March 4, 11, 18, 25 https://bit.ly/4rLwyOI (833) 819-8075 & Phone conference ID: 949 744 291# <p>Self Compassion @ 1:00p - 2:30p with Brenda</p> <ul style="list-style-type: none"> March 4, 11, 18, 25 NEW LINK bit.ly/3KFcywA (833) 819-8075 & ID: 429 884 579# <p>Anxiety, Depression and Hope Peer Support @ 1:30p - 3:30p with Lawrence</p> <ul style="list-style-type: none"> March 4, 11, 18, 25 NEW LINK http://bit.ly/3VsSobA (833) 819-8075 & ID: 671 465 743# <p>BPD Peer Support @ 3:00p- 4:30 pm with Brenda</p> <ul style="list-style-type: none"> March 4, 11, 18, 25 NEW LINK bit.ly/3VzNw4y (833) 819-8075 & Phone conference ID: 219 025 679# <p>Coping with a Missing Person @ 7:00p - 8:00p with Maureen</p> <ul style="list-style-type: none"> BI-WEEKLY March 4 and 18 Email missingpersons@rogers.com to join. 	<p>ADHD Skills @ 10:00a-11:00a with Molly</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 https://bit.ly/4k7CY8h (833) 819-8075 & ID: 494 313 892# <p>Self Esteem @ 10:30a-12:00p with Brenda and Dalaura</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 bit.ly/4nNZnrj (833) 819-8075 & ID: 458 451 511# <p>NOW HYBRID FORMAT - VIRTUAL AND GUELPH</p> <p>Experiencing Disability @ 1:30p- 2:30p with Richard</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 https://bit.ly/4a6vv4z (833) 819-8075 & Phone conference ID: 989 498 008# 80 Waterloo Ave., Guelph. SHPS Group Room <p>NEW GROUP Help for the Hurting Heart @ 2:00p - 3:00p with Brenda</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 bit.ly/4hx3fvq (833) 819-8075 & ID: 371 999 325# <p>Bipolar Disorder Peer Support @ 7:00p-9:00p with Maynard</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 NEW LINK http://bit.ly/46QHiU7 (833) 819-8075 & ID: 494 313 892# 	<p>Mental Health & Wellness Skills @ 1:00p - 2:00p with Colene</p> <ul style="list-style-type: none"> March 6, 13, 20 and 27 NEW LINK http://bit.ly/4pUIhLV (833) 819-8075 & ID: 831 226 233# <p>NEW DAY, TIME AND FORMAT - Stepping Stones @ 1:30p-2:30p with Brenda and Tiffany</p> <ul style="list-style-type: none"> March 6, 13, 20 and 27 https://bit.ly/496TnEJ (833) 819-8075 & Phone conference ID: 376 810 293#

***Information & Cancellation Line** - We list all planned cancellations on our calendar along with the groups affected, so you can easily stay up to date. If we ever need to share a last-minute cancellation or an important update, we'll make sure the information is available right away on: Our Facebook page: facebook.com/selfhelppeersupport and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

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March 2026

In Person By Site

Cambridge 9 Wellington St

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cambridge Anxiety, Depression & Hope Peer Support @ 1:30p - 2:30p with Nancy</p> <ul style="list-style-type: none"> March 2, 9, 16, 23, 30 <p>RETURNING GROUP: Cambridge Walking Group @ 2:45p-3:45p with Nancy</p> <ul style="list-style-type: none"> March 2, 9, 16, 23, 30 	<p>NEW GROUP Cambridge Self Compassion @ 10:30a - 11:30a with Nancy</p> <ul style="list-style-type: none"> NO GROUP MARCH 3 March 10, 17, 24, 31 <p>NEW GROUP Cambridge Connect @ 1:30p - 3:30p with Nancy</p> <ul style="list-style-type: none"> NO GROUP MARCH 3 March 10, 17, 24, 31 			<p>Cambridge Meditation @ 11:00a - 12:00p with Colene</p> <ul style="list-style-type: none"> March 6, 13, 20, 27

Guelph 80 Waterloo Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Guelph Anxiety, Depression & Hope Peer Support @ 3:30p-4:30p with Nancy</p> <ul style="list-style-type: none"> March 4, 11, 18, 25 	<p>NEW GROUP Guelph Boundaries and Assertiveness @ 10:30a - 11:30a with Nancy</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 <p>NOW HYBRID FORMAT - Virtual AND In Person Experiencing Disability @ 1:30p-2:30p with Richard</p> <ul style="list-style-type: none"> March 5, 12, 19, 26 https://bit.ly/4a6vv4z (833) 819-8075 & Phone conference ID: 989 498 008# In person and virtual 	<p>Guelph Qi Gong @ 9:30a - 10:30a with Lisa</p> <ul style="list-style-type: none"> March 6, 13, 20 and 27 80 Waterloo Ave, SHPS Room <p>Guelph Self Compassion @10:30a - 11:45a with Heather</p> <ul style="list-style-type: none"> March 6, 13, 20 and 27 80 Waterloo Ave, SHPS Room

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March 2026

In Person By Site continued

Kitchener				
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fibre Arts Fun @ 1:30p - 3:30p with Jen</p> <ul style="list-style-type: none"> • PLEASE NOTE: March 2 session will be held at the Kitchener Public Library, Room TBD • PLEASE NOTE: March 9, 16, 23, 30 and beyond sessions will be held at the NEW CMHA LOCATION 55 KING ST EAST 2ND FLOOR 	<p>Kitchener Mindfulness & Self Compassion @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> • No group March 3 • March 10, 17, 24, 31 • NEW CMHA LOCATION • 55 KING ST EAST 2ND FLOOR <p>Kitchener Games Group @ 12:00p - 2:00p with Rob & Jen</p> <ul style="list-style-type: none"> • No group March 3 • March 10, 17, 24, 31 <p>Kitchener Open Share @ 2:30p - 4:00p with Brenda</p> <ul style="list-style-type: none"> • No group March 3 • March 10, 17, 24, 31 • NEW CMHA LOCATION • 55 KING ST EAST 2ND FLOOR <p>Kitchener Anxiety, Depression and Hope Peer Support @ 2:30p - 4:00p with Katrina and Daniel</p> <ul style="list-style-type: none"> • No group March 3 • March 10, 17, 24, 31 • NEW CMHA LOCATION • 55 KING ST EAST 2ND FLOOR 	<p>Kitchener Walking Group @ 11:30a - 12:30p with Rob</p> <ul style="list-style-type: none"> • March 4, 11, 18, 25 • Speaker's Corner (corner of King St East and Benton St) 	<p>Kitchener Mind Over Mood @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> • PLEASE NOTE March 5 session will be held at the TEMPORARY LOCATION Camino Wellbeing and Mental Health, 480 Charles Street East, Kitchener • PLEASE NOTE March 12, 19, 26 at NEW CMHA LOCATION 55 KING ST EAST 2ND FLOOR <p>Kitchener Bowling Group @ 1:00p - 2:30p with Rob</p> <ul style="list-style-type: none"> • March 5, 12, 19 and 26 • Victoria Bowl, 280 Victoria St S, Kitchener 	

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Enrolled Recovery Learning Groups (All are Virtual using Microsoft Teams)

Listen to our [podcast!](#)

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual (using Microsoft Teams) and In Person				
		<p>Virtual 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>NEW GROUP IN APRIL: REGISTER NOW IN PERSON Guelph The Art of Intentional Living</p> <ul style="list-style-type: none"> • 8-week enrolled group beginning April 8, ending May 27 • 1:30 pm to 2:45 pm with Heather • In-person • 80 Waterloo Ave, SHPS group room • Registration open. Questions? please email Nancy at nflewelling@cmhaww.ca 	<p>ON HOLD Virtual DBT Skills Peer Support Refresher</p> <ul style="list-style-type: none"> • Closed Group for attendees of DBT Skills Peer Support only • For questions, email Nancy at nflewelling@cmhaww.ca <p>Virtual Riding the Wave of Emotions @ 1:30p - 3:00p with Katrina and Jane</p> <ul style="list-style-type: none"> • 16 week group began January 15, ends April 30 • For questions, email Jane at jbrown@cmhaww.ca • Registration is now closed. <p>Virtual DBT Skills Peer Support @ 3:00p – 4:30p with Dana & Lawrence.</p> <ul style="list-style-type: none"> • March 5, 12, 19, 26 • Group meets for approx. 18 months. • For questions, email Nancy at nflewelling@cmhaww.ca • Closed Group. No Waitlist at this time. 	<p>Virtual DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence.</p> <ul style="list-style-type: none"> • March 6, 13, 20, 27 • Group meets for approx. 18 months. • For questions, email Nancy at nflewelling@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 Teams video - use the bit.ly URL --click on it; typing it in does not work | **To join via Teams telephone** - use the toll free phone number and ID number.

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Enrolled Spark of Brilliance Groups

Listen to our [podcast!](#)

March 2026

Monday	Tuesday	Wednesday	Thursday	Friday
In Person - NEW LOCATION 55 King St East, Kitchener	Virtual (using Microsoft Teams)	In Person - 80 Waterloo Ave, Guelph	In Person - 80 Waterloo Ave. Guelph	
<p>NO WORKSHOP March 2nd</p> <p>Soul Pages Collage Book</p> <ul style="list-style-type: none"> March 9 & 16 from 1:30 p.m. to 3:30 p.m. <p>Found Poetry Art Buttons</p> <ul style="list-style-type: none"> March 23 from 1:30 p.m. to 3:30 pm <p>Paper Quilling with Amanda!</p> <ul style="list-style-type: none"> March 30 from 1:30 p.m. to 3:30 p.m. 	<p>NO WORKSHOP March 3</p> <p>How to Draw Part 3&4/6</p> <ul style="list-style-type: none"> March 10 & 24 from 1:30 p.m. to 3:30 pm <p>Spring Watercolour Prompts</p> <ul style="list-style-type: none"> March 17 from 1:30 p.m. to 3:30 p.m. <p>The Answers are Within You</p> <ul style="list-style-type: none"> March 31 from 1:30 p.m. to 3:30 p.m. 	<p>Found Poetry Art Buttons</p> <ul style="list-style-type: none"> March 4 from 1:30 p.m. to 3:30 pm <p>Soul Pages Collage Book</p> <ul style="list-style-type: none"> March 11 & 18 from 1:30 p.m. to 3:30 p.m. <p>In Progress</p> <ul style="list-style-type: none"> March 25 from 1:30 p.m. to 3:30 p.m. 	<p>Guelph: Crochet & Knit Club</p> <ul style="list-style-type: none"> 80 Waterloo Ave, Guelph (<i>Meet in Building Reception</i>) NOW WEEKLY at NEW TIME March 5, 12, 19, 26 from 1:00 p.m. to 3:00 p.m. Drop in - no registration required <p>Guelph: Rewritten (CLOSED GROUP)</p> <ul style="list-style-type: none"> 80 Waterloo Ave. Room G02/04 March 5 from 11:00 a.m. to 1:00 p.m. <p>Guelph Rewritten: Stories of Hope Event Room G02/04, 80 Waterloo Ave</p> <ul style="list-style-type: none"> March 12 from 1:00 p.m. to 3:00 p.m. ALL ARE WELCOME email mgray@cmhaww.ca to reserve a seat! 	<p>No workshops on Fridays</p>

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* 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.

80 Waterloo Ave., Guelph | (519) 763-4014 9 Wellington St, Cambridge | (519) 623-6024 NEW LOCATION 55 King St E. 2nd Floor Kitchener | (519) 570-4595

March 2026

Enrolled Spark of Brilliance Groups Program Descriptions

Found Poetry Art Buttons - Discover the magic hidden in everyday magazines by transforming ordinary words and images into wearable works of art! In this hands-on workshop, participants will explore the playful world of found poetry—the process of piecing together short, expressive poems using clipped text and visuals. Using magazines, collage techniques, and a button-making machine, you'll craft your own unique poetry buttons to wear, share, or gift. Each button becomes a tiny canvas for creativity, reflection, and personal expression.

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 fibre 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. Are you 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.

How to Draw Series - This beginner-friendly workshop focuses on building strong drawing foundations through guided sketching exercises. Using simple graphite pencils and paper, participants will learn how to see like an artist, develop hand-eye coordination, and practice drawing basic lines, shapes, forms, and simple objects. We'll explore essential concepts such as perspective, proportion, and shading, then apply them in approachable sketches drawn from reference images. No previous drawing experience or special materials required. This six-part series is designed for beginners but is also ideal for anyone looking to strengthen their fundamentals—you can join at any time. Required supplies: basic copy paper, graphite pencil (2B recommended), pencil sharpener, eraser.

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

Paper Quilling with Amanda! - Join us and Amanda, as she introduces the charming art of paper quilling, showing us how to curl, shape, and arrange colourful paper strips into eye-catching designs!

Rewritten: Stories of Hope Storytelling Event - You're warmly invited to a small, casual storytelling gathering featuring the very first public performances from participants in Rewritten: Stories of Hope. These storytellers share lived/living experience of mental health and/or substance use challenges, offering their trauma-informed stories with care and intention.

This event is open to everyone, including CMHA staff and those supported by CMHA. Together, we'll gather in a relaxed, respectful space to listen, witness, and connect through honest storytelling. Expect gentle reflection, meaningful moments, and powerful voices being shared publicly; most for the first time. **To save your seat, please mgray@cmhww.ca to register.**

Soul Pages Collage Books - Join us for a creative, hands-on workshop where you can explore self-expression through the art of layering images, textures, words, and mixed media into a handmade book. Each participant will design a personal collage book - part journal, part art piece - using recycled magazines, patterned papers, photos and paint. Whether you're preserving memories, exploring storytelling, or simply letting your imagination guide you, this workshop offers a welcoming space to play, experiment, and discover your artistic voice. While a variety of supplies will be available, please feel free to bring along any media you would like to include in your book!

Spring Watercolour Prompts - Join us for a fun, beginner-friendly 2-hour watercolor workshop full of spring and garden-themed prompts like strawberries, butterflies, rainboots, and more. We'll explore loose, expressive painting to create colourful, playful sketchbook pages. To fully participate, please bring a watercolour set and a variety of brushes. If you don't have these supplies, you're still welcome - you can use the prompts to draw instead!

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 will have the option to write from a first-person perspective for a more intimate, personal experience or experiment with second or third-person to develop fictional storylines. Artists will have prompts available for expressing themselves visually. 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.

Self Help & Peer Support Program Descriptions

March 2026

ADHD Skills - This skills-based group supports adults with ADHD in understanding their nervous system, executive functioning, and relational patterns. We'll explore common experiences such as feeling "behind," time blindness, overwhelm, people-pleasing, burnout, and difficulty meeting adult expectations. This group emphasizes self-compassion, practical tools, and learning how to build systems that support your brain instead of working against it. Staff facilitator email: Molly at mhandsaeme@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 Nancy at nflewelling@cmhaww.ca
- Kitchener In person Tuesday afternoon and **NEW** Tuesday evening virtual-staff contact email Brenda at brichard@cmhaww.ca
- Wednesday virtual - staff contact email Nancy at nflewelling@cmhaww.ca
- Guelph In person Wednesday - staff facilitator email Nancy at nflewelling@cmhaww.ca

Bipolar Disorder Peer Support - 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 contact email Brenda at brichard@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 email Brenda at brichard@cmhaww.ca.

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

NEW GROUP Cambridge Connect - This is an open, drop-in peer support group where people can relax, chat, and connect in a comfortable, welcoming space. There's no set agenda—just an opportunity to talk with others, share experiences, and feel supported while enjoying a cup of coffee or tea. Whether you're looking for friendly conversation, a sense of community, or a place to unwind, you're welcome to join us. Come as you are, stay as long as you'd like, and connect with others who understand the value of simply being together. Staff facilitator email Nancy at nflewelling@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 Colene at callen@cmhaww.ca.

NEW GROUP Cambridge Self-Compassion - See Self Compassion. Staff facilitator Nancy at nflewelling@cmhaww.ca

RETURNING GROUP Cambridge Walking Group - Walk & Talk. This is an opportunity to enjoy a bit of exercise and connection time with peers. Weather permitting. *If it is poor weather, it may be cancelled. Meet at 9 Wellington Street, Cambridge. Staff facilitator email Nancy at nflewelling@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 contact: Brenda at brichard@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 contact email Nancy at nflewelling@cmhaww.ca

NEW HYBRID FORMAT In Person and Virtual Experiencing Disability - This is a virtual group for people who identify as living with a permanent condition which in some way causes them to experience significant limitations to their physical, sensory, cognitive, or mental functioning. A disability may be visible or nonvisible and questions about participants disabilities will not be asked. In this group people are able to self-identify and share as much or as little about their personal experience of living with a disability as they like. Some themes that will be explored in this open conversation peer support group might include Experiencing stigma and discrimination, barriers to education and employment, ableism, change in self-identity, effects of disability on mental health, relying on others for assistance and support and other related topics. We'll also discuss adapting to challenges and moments of success and hope. Staff Facilitator email Richard at rbelcher@cmhaww.ca.

Self Help & Peer Support Program Descriptions (continued)

March 2026

NEW GROUP Guelph Boundaries and Assertiveness - This is an open, drop-in peer support group that helps us understand our limits, express our needs, and build healthier relationships. Together, we explore what boundaries are, why they matter, and how they support emotional well-being. We talk about common challenges like saying “no,” speaking up, and prioritizing our needs without guilt. Conversations focus on practical tools for clear, confident communication and protecting our emotional energy. Topics include different types of boundaries, assertive communication, recognizing emotional drain, building balanced relationships, and strengthening self-trust and self-respect. This group is about empowerment. Drop in anytime for support, encouragement, and a reminder that your needs matter. Contact staff facilitator Nancy at nflewelling@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. Staff contact: Nancy at nflewelling@cmhaww.ca.

Guelph Self Compassion - See Self Compassion. Staff contact: Nancy at nflewelling@cmhaww.ca

NEW ENROLLED GROUP IN APRIL/MAY Guelph The Art of Intentional Living - The Art of Intentional Living is a peer support group designed to help us slow down, reconnect with what matters, and make choices that reflect our values. Together, we will talk about what it means to make deliberate choices. Through conversation and shared experiences, we'll explore ways to: stay connected to what is most important to us; maintain a helpful and grounded mindset; and be more present, aware, and engaged in our day-to-day lives. This group isn't about achieving perfection. It's about learning, encouraging each other, and discovering practical ways to bring more intention and purpose into our lives. Drop in, share, listen, and leave feeling more grounded and empowered on your journey toward intentional living. **Registration now open.** Questions or to register? Please contact Nancy at nflewelling@cmhaww.ca

Help for the Hurting Heart - This workbook-based group (Help for the Hurting Heart Workbook, by David Kessler) guides you through the grieving process in a way that leaves you feeling at peace and free to create a life of meaning after your loss. While you can grieve more than the loss of a loved one (breakup, job loss, ending a friendship, betrayal, and anticipating loss while caring for a sick loved one), it's important to learn how to honour and attend to your grief in a way that heals what hurts while letting go of guilt, anger, and what-ifs. Please join us as David leads us down a path towards remembering with more love than pain. You can live a happy and fulfilled life, even after life's most painful experiences. Grief is a journey. An electronic copy of the workbook will be provided to you. Staff facilitator email Brenda at brichard@cmhaww.ca.

NEW TIME LIMITED GROUP Keeping on Track- A Six Week Challenge to Change-This is a virtual drop-in group running for six weeks, from Wednesday February 18 until Wednesday March 25, and is for participants wishing to work towards making a meaningful and lasting change in their life. Participants are encouraged to think about one change you'd like to work toward and bring it to the group. This might be a habit you want to build or one you're hoping to break; and no goal is too small here. Examples may include making your bed each day; brushing your teeth nightly; going to the gym every other day; reducing alcohol, substance, or tobacco use; cutting back on fast food; or any other personal goals you have in mind. Whatever change you're hoping to make, this is a supportive space to explore it together. Staff facilitator email Richard at rbelcher@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 contact email: Brenda at brichard@cmhaww.ca.

Kitchener Fibre Arts Fun - Are you interested in learning to knit or crochet or have been for years? Are you a person who enjoys fibre arts of any kind such as embroidery or cross stitch? This is a group where we can come together and have fun creating and socializing. Please bring any works in progress that you may have. If you would like to learn to knit or crochet but don't know where to begin, please join us. Some supplies can be provided. Staff contact email Brenda at brichard@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 contact email: Brenda at brichard@cmhaww.ca.

Self Help & Peer Support Program Descriptions (continued)

March 2026

Kitchener Mind Over Mood - Participants meet in person to work through Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic of Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing depression, anxiety, anger, and shame. Although not necessary, participants may wish to buy their own hard copy of the book (2nd Edition) through their local or online bookseller. 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 Open-Share - Informal discussion about their mental health and wellbeing. Staff facilitator email Brenda at brichard@cmhaww.ca.

Kitchener Walking Group - Join us at Speaker's Corner (corner of King St East & Benton St) for Walk & Talk. Weather permitting. *If it is poor weather, it will be cancelled. Facilitated by Rob. Staff contact email Brenda at brichard@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 is now closed. Questions? please contact Jane at 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 for virtual group: email Brenda at brichard@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 email Brenda at brichard@cmhaww.ca.

NEW GROUP Stepping Stones - Stepping Stones is a drop-in group dedicated to discussing the lived experiences of substance use. Regardless of where a person's at, the group, which is based on harm reduction principles, explores useful techniques, supports development of coping mechanisms, and aims to improve personal wellbeing within a safe space for peers to freely talk about difficulties, exchange ideas, and feel a part of a community. Staff facilitator email: Brenda at brichard@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 Nancy at nflewelling@cmhaww.ca.