

# Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar - March 2026

## 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.

**\* 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](https://www.facebook.com/selfhelppeersupport)
- Our Information & Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) ext. 4004**

Thank you for your understanding and for staying connected with us

**Note:** To access virtual groups (**we use the Microsoft Teams platform**), 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 Mikayla
- March 2, 9, 16, 23, 30
- **Virtual**
- <https://bit.ly/4pkG49W>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 469 226 693#

#### In Person Groups

##### Cambridge Anxiety, Depression & Hope Peer Support

- 1:30pm to 2:30 pm with Nancy
- March 2, 9, 16, 23, 30
- **In-person**
- 9 Wellington St, SHPS Group room

##### **RETURNING GROUP** Cambridge Walking Group

- 2:45pm to 3:45 pm with Nancy

- March 2, 9, 16, 23, 30
- **In-person**
- 9 Wellington St, Cambridge

### **Kitchener Fibre Arts Fun**

- 1:30-3:30pm with Jen
- March 2: **Kitchener Public Library: Study Room TBD**
- March 9, 16, 23, 30: **OUR NEW KITCHENER SITE: 55 King St East Second Floor**
- **In-person**

### **Tuesdays**

**NO DAYTIME GROUPS MARCH 3 – EVENING VIRTUAL GROUP IS RUNNING**

#### *Virtual Groups*

#### **NEW EVENING GROUP Anxiety, Depression and Hope Peer Support**

- 6:30 pm to 8:00 pm with Brenda
- March 3, 10, 17, 24, 31
- **Virtual**
- <https://bit.ly/3O5G7cF>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 318 123 971#

#### *In Person Groups*

#### **NEW GROUP Cambridge Self-Compassion**

- 10:30 am to 11:30 am with Nancy
- **No group March 3**
- March 10, 17, 24, 31
- **In Person**
- 9 Wellington St, Cambridge

#### **Kitchener Mindfulness & Self Compassion**

- 10:30 am to 11:30 am with Colene
- **No group March 3**
- March 10, 17, 24, 31
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St East Second Floor**

#### **Kitchener Games**

- 12:00 pm to 2:00 pm with Rob and Jen
- No group March 3
- March 10, 17, 24, 31
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St East Second Floor**

#### **NEW GROUP Cambridge Connect**

- 1:30 pm to 3:30 pm with Nancy
- No group March 3
- March 10, 17, 24, 31
- **In person**
- 9 Wellington St, SHPS Group room

#### **RETURNING IN PERSON GROUP Kitchener Anxiety, Depression and Hope Peer Support**

- 2:30 pm to 4:00 pm with Katrina and Daniel
- No group March 3
- March 10, 17, 24, 31
- **In Person**
- **OUR NEW KITCHENER SITE: 55 King St East Second Floor**

#### **Kitchener Open Share**

- 2:30 pm to 4:00 pm with Brenda
- No group March 3
- March 10, 17, 24, 31
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St East Second Floor**

### **Wednesdays**

#### Virtual Groups

#### **NEW TIME LIMITED GROUP Keeping on Track – A 6-week challenge to change**

- 10:30 am to 12:00 pm with Richard
- March 4, 11, 18, 25
- **Virtual**

- <https://bit.ly/4rLwyOI>
- 1-(833) 819-8075(Toll-free) & Phone conference ID: 949 744 291#

### **NEW LINK Self-Compassion**

- 1:00 pm to 2:30 pm with Brenda
- March 4, 11, 18, 25
- **Virtual**
- [bit.ly/3KFcywA](http://bit.ly/3KFcywA)
- 1-(833) 819-8075(Toll-free) & Phone conference ID: 429 884 579#

### **NEW LINK Anxiety, Depression and Hope Peer Support**

- 1:30 pm to 3:30 pm with Lawrence
- March 4, 11, 18, 25
- **Virtual**
- <http://bit.ly/3VsSobA>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 671 465 743#

### **BPD Peer Support**

- 3:00 pm to 4:30 pm with Brenda
- March 4, 11, 18, 25
- **Virtual**
- [bit.ly/3VzNw4y](http://bit.ly/3VzNw4y)
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 219 025 679#

### **Coping with a Missing Person**

- 7 pm to 8 pm with Maureen
- Biweekly
- March 4, 18
- **Virtual**
- Email [missingpersons@rogers.com](mailto:missingpersons@rogers.com) to join.

### *In Person Groups*

#### **Kitchener Walking Group**

- 11:30 am to 12:30 pm with Rob
- March 4, 11, 18, 25

- **In Person**
- Speaker's Corner (at corner of King St East and Benton St)

### **Guelph Anxiety, Depression & Hope Peer Support**

- 3:30 pm – to 4:30 pm with Nancy
- March 4, 11, 18, 25
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

### **Thursdays**

#### Virtual Groups

#### **ADHD Skills**

- 10 am to 11am with Molly
- March 5, 12, 19, 26
- **Virtual**
- <https://bit.ly/4k7CY8h>
- (833) 819-8075 (Toll-free) & Phone conference ID: 825 558 105#

#### **Self-Esteem**

- 10:30 am to 12:00 pm with Brenda and Dalaura
- March 5, 12, 19, 26
- **Virtual**
- <https://bit.ly/4nNZnrJ>
- (833) 819-8075 (Toll-free) & Phone conference ID: 458 451 511#

#### **Help for the Hurting Heart**

- 2:00 pm to 3:00 pm with Brenda
- March 5, 12, 19, 26
- **Virtual**
- [bit.ly/4hx3fvq](https://bit.ly/4hx3fvq)
- (833) 819-8075 (Toll-free) & Phone conference ID: 371 999 325#

#### **NEW LINK Bipolar Disorder Peer Support Group**

- 7:00 pm to 9:00pm with Maynard
- March 5, 12, 19, 26

- **Virtual**
- <http://bit.ly/46QHiU7>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 494 313 892#

*Hybrid Group (In Person and Virtual)*

**Guelph and Virtual Experiencing Disability**

- 1:30 pm to 2:30 pm with Richard
- March 5, 12, 19, 26
- **Virtual and In Person in Guelph**
- <https://bit.ly/4a6vv4z>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 989 498 008#
- 80 Waterloo Ave., Guelph, SHPS Group Room

*In Person Groups*

**Guelph Boundaries and Assertiveness**

- 10:30 am to 11:30 am with Nancy
- March 5, 12, 19, 26
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

**Kitchener Mind Over Mood**

- 10:30 am to 11:30 am with Colene
- March 5, 12, 19, 26
- **In Person**
- **LOCATION FOR MARCH 5 SESSION: Camino Wellbeing, 480 Charles Street East, Kitchener**
- **LOCATION FOR MARCH 12, 19 AND 26 SESSIONS IS OUR NEW PERMANENT LOCATION: 55 King Street East, 2<sup>nd</sup> Floor**

**Kitchener Bowling**

- 1:00 pm to 2:00 pm with Rob
- March 5, 12, 19, 26
- **In Person**
- Victoria Bowl, 280 Victoria St S, Kitchener

## **Fridays**

### *Virtual Groups*

#### **NEW LINK Mental Health & Wellness Skills**

- 1:00 pm to 2:00 pm with Colene
- March 6, 13, 20, 27
- **Virtual**
- <http://bit.ly/4pUlhLV>
- 1- (833) 819-8075 (Toll-free) & Phone conference ID: 831 226 233#

#### **NEW DAY, TIME AND FORMAT- Stepping Stones**

- 1:30pm – 2:30pm with Brenda
- March 6, 13, 20, 27
- **Virtual**
- <https://bit.ly/496TnEJ>
- 1- (833) 819-8075 (Toll-free) & Phone conference ID:376 810 293#

### *In Person Groups*

#### **Guelph Qi Gong**

- 9:30 am to 10:30 am with Lisa
- March 6, 13, 20, 27
- **In Person**
- 80 Waterloo Ave., SHPS Group room

#### **Guelph Self Compassion**

- 10:30 am to 11:45 am with Heather
- March 6, 13, 20, 27
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

#### **NEW TIME Cambridge Meditation**

- 11:00 am to 12:00 pm with Colene
- March 6, 13, 20, 27
- **In-Person**

- 9 Wellington St., Cambridge

## **Enrolled Recovery Learning Groups Schedule**

### **Mondays**

No enrolled groups on Mondays

### **Tuesdays**

No enrolled groups on Tuesdays

### **Wednesdays**

#### **NEW GROUP IN APRIL: REGISTER NOW Guelph The Art of Intentional Living**

- 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](mailto:nflewelling@cmhaww.ca)

#### **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](mailto:skillsforsaferlivingteam@cmhaww.ca) or call 1-844-264-2993 ext. 4063.

### **Thursdays**

#### **ON HOLD Virtual DBT Skills Peer Support Refresher**

- Closed Group for attendees of DBT Skills Peer Support only. For questions, please email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).

#### **Virtual Riding the Wave of Emotions**

- 16 week group beginning January 15, ending April 30
- 1:30 pm to 3:00 pm with Katrina and Jane
- **Registration now closed. Questions?** please email Jane at [jbrown@cmhaww.ca](mailto:jbrown@cmhaww.ca)

#### **Virtual DBT Skills Peer Support**

- 3:00 pm to 4:30 pm with Dana & Lawrence
- March 5, 12, 19, 26
- Group will meet for approximately 18 months.
- For questions, please email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

- Closed Group. No waitlist at this time.

## **Fridays**

### **Virtual DBT Skills Peer Support**

- 3:00 pm to 4:30 pm with Lawrence
- March 6, 13, 20, 27
- Group will meet for approximately 18 months.
- For questions, please email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@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](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 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 below. If we need to unexpectedly cancel a workshop, registered participants will be notified via email, as soon as possible.

## **Monday**

*Kitchener Groups –*

***Our New Permanent Location:** 55 King St. W. Rooms 218/219*

**No workshop on March 2.**

### **Soul Pages Collage Book**

- March 9 & 16 from 1:30 p.m. to 3:30 p.m.

### **Found Poetry Art Buttons**

- March 23 from 1:30 p.m. to 3:30 pm

### **Paper Quilling with Amanda!**

- March 30 from 1:30 p.m. to 3:30 p.m.

## **Tuesday**

*Virtual*

**No workshop March 3.**

## How to Draw Part 3&4/6

- March 10 & 24 from 1:30 p.m. to 3:30 pm

## Spring Watercolour Prompts

- March 17 from 1:30 p.m. to 3:30 p.m.

## The Answers are Within You

- March 31 from 1:30 p.m. to 3:30 p.m.

## Wednesday

Guelph – 80 Waterloo Ave

### Found Poetry Art Buttons

- March 4 from 1:30 p.m. to 3:30 pm

### Soul Pages Collage Book

- March 11 & 18 from 1:30 p.m. to 3:30 p.m.

### In Progress

- March 25 from 1:30 p.m. to 3:30 p.m.

## Thursday

Guelph – 80 Waterloo Ave

**NOW WEEKLY AT NEW TIME Guelph Crochet & Knit Club (Drop In – No registration required)** 80 Waterloo Ave. *Meet in Reception area.*

- March 5, 12, 19, 26 from 1:00 p.m. to 3:00 p.m.

**Guelph: Rewritten (Closed Group)** Room G02/04, 80 Waterloo Ave

- March 5 from 11:00 a.m. to 1:00 p.m.

**Guelph Rewritten: Stories of Hope Event** Room G02/04, 80 Waterloo Ave

- March 12 from 1:00 p.m. to 3:00 p.m.

## Friday

No workshops on Fridays

## Spark of Brilliance Group 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@cmhwww.ca](mailto:mgray@cmhwww.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 Drop In and Enrolled Group Descriptions (in alphabetical order)**

### **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 contact: Molly at [mhandsaeme@cmhaww.ca](mailto: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](mailto:nflewelling@cmhaww.ca)
  - Kitchener in person Tuesday afternoon and new virtual Tuesday evening staff contact: Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).
  - Wednesday virtual – staff contact: Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)
  - Guelph In person Wednesday – staff facilitator email: Nancy at [nflewelling@cmhaww.ca](mailto: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: Brenda at [brichard@cmhaww.ca](mailto: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](mailto: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. Contact Nancy at [nflewelling@cmhaww.ca](mailto: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](mailto:callen@cmhaww.ca).

### **New Group Cambridge Self-Compassion**

- See Self Compassion

### **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](mailto: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](mailto:missingpersons@rogers.com). Staff contact: Brenda at [brichard@cmhaww.ca](mailto: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: Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

### **Experiencing Disability (Guelph In Person and Virtual)**

- This is a 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](mailto:rbelcher@cmhaww.ca).

### **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](mailto:nflewelling@cmhaww.ca)

### **Guelph Self Compassion**

- See Self Compassion

### **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](mailto:nflewelling@cmhaww.ca)

### **New Group 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? Please contact Nancy at [nflewelling@cmhaww.ca](mailto: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](mailto:brichard@cmhaww.ca).

### **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](mailto:rbelcher@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 contact: Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

### **Kitchener Fiber 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 anything 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: Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

### **Kitchener Games**

- Enjoy social time playing games with others. Staff contact: Brenda at [brichard@cmhaww.ca](mailto:brichard@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](mailto: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](mailto:callen@cmhaww.ca).

### **Kitchener Open-Share**

- We have an informal discussion about our mental health and wellbeing. Staff contact: Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

### **Kitchener Walking Group**

- Join us at Speaker's Corner, at the corner of King Street East and Benton Streets (where Frederick Street becomes Benton) for Walk & Talk if you are bored of virtual groups! Weather permitting. \*If it is poor weather, it may be cancelled. Facilitated by Rob. Staff contact: Brenda at [brichard@cmhaww.ca](mailto: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](mailto: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](mailto: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 now closed.** Questions? Please contact Jane at [jbrown@cmhaww.ca](mailto:jbrown@cmhaww.ca).

## **Self-Compassion**

- This workbook-based group uses *The Mindful Self-Compassion Workbook* by Kristin Neff and Christopher Germer to explore practical ways to be kinder and more supportive toward ourselves. Each session offers opportunities for guided activities, reflection, and group discussion to help build skills in mindfulness, emotional resilience, and compassionate self-talk. Participants will learn how to: reduce self-criticism; respond to difficult emotions with care; develop healthier coping strategies; and cultivate a more balanced, understanding inner voice. A digital copy of the workbook is provided by email so participants can follow along and practice between sessions.
  - Cambridge in-person staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)
  - Guelph in-person staff facilitator email Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)
  - Virtual Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto: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 Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

### **Stepping Stones**

- Stepping Stones is a virtual 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](mailto: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 Mikayla at [mgoving@cmhaww.ca](mailto:mgoving@cmhaww.ca).