

## Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

April 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><b>Supporting the Supporter</b> @ 5:30p - 7:30p with Nicole</p> <ul style="list-style-type: none"> <li>April 6, 13, 20, 27</li> <li><a href="https://bit.ly/4pkG49W">https://bit.ly/4pkG49W</a></li> <li>(833) 819-8075 &amp; ID: 469 226 693#</li> </ul>		<p><b>RETURNING GROUP Chronic Pain &amp; Mental Health</b> @ <b>CORRECTED TIME</b> 11:00a - 12:00p with Katrina and Nancy</p> <ul style="list-style-type: none"> <li>April 1, 8, 15, 22, 29</li> <li><a href="https://bit.ly/4ulQN1z">https://bit.ly/4ulQN1z</a></li> <li>1-(833) 819-8075(Toll-free) &amp; ID: 268 369 868#</li> </ul> <p><b>Self Compassion</b> @ 1:00p - 2:30p with Brenda</p> <ul style="list-style-type: none"> <li>April 1, 8, 15, 22, 29</li> <li><a href="https://bit.ly/3KFcywA">bit.ly/3KFcywA</a></li> <li>(833) 819-8075 &amp; ID: 429 884 579#</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>April 1, 8, 15, 22, 29</li> <li><b>NEW LINK</b></li> <li><a href="https://bit.ly/3Ps8l1W">https://bit.ly/3Ps8l1W</a></li> <li>1-(833) 819-8075 (Toll-free) &amp; ID: 228 593 584#</li> </ul> <p><b>BPD Peer Support</b> @ 3:00p - 4:30 pm with Brenda</p> <ul style="list-style-type: none"> <li>April 1, 8, 15, 22, 29</li> <li><a href="https://bit.ly/3VzNw4y">bit.ly/3VzNw4y</a></li> <li>(833) 819-8075 &amp; ID: 219 025 679#</li> </ul> <p><b>Coping with a Missing Person</b> @ 7:00p - 8:00p with Maureen</p> <ul style="list-style-type: none"> <li><b>BI-WEEKLY</b></li> <li>April 1, 15, 29</li> <li>Email <a href="mailto:missingpersons@rogers.com">missingpersons@rogers.com</a> to join.</li> </ul>	<p><b>NEW GROUP Chill N' Chat</b> @ 10:00a - 11:00a with Nicole</p> <ul style="list-style-type: none"> <li>April 2, 9, 16, 23, 30</li> <li><a href="https://bit.ly/4lSmzoX">https://bit.ly/4lSmzoX</a></li> <li>(833) 819-8075 (Toll-free) &amp; ID: 238 488 619 750 68#</li> </ul> <p><b>Self Esteem</b> @ 10:30a-12:00p with Brenda</p> <ul style="list-style-type: none"> <li>April 2, 9, 16, 23, 30</li> <li><a href="https://bit.ly/4nNZnrj">bit.ly/4nNZnrj</a></li> <li>(833) 819-8075 &amp; ID: 458 451 511#</li> </ul> <p><b>Help for the Hurting Heart</b> @ 2:00p - 3:00p with Brenda</p> <ul style="list-style-type: none"> <li>April 2, 9, 16, 23, 30</li> <li><a href="https://bit.ly/4hx3fvq">bit.ly/4hx3fvq</a></li> <li>(833) 819-8075 &amp; ID: 371 999 325#</li> </ul> <p><b>NOW BIWEEKLY Bipolar Disorder Peer Support</b> @ 7:00p-9:00p with Brenda</p> <ul style="list-style-type: none"> <li>April 9 and 23</li> <li><a href="https://bit.ly/46QHiU7">http://bit.ly/46QHiU7</a></li> <li>(833) 819-8075 &amp; ID: 494 313 892#</li> </ul>	<p><b>Mental Health &amp; Wellness Skills</b> @ 1:00p - 2:00p with Colene</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li><a href="https://bit.ly/4pUlhLV">http://bit.ly/4pUlhLV</a></li> <li>(833) 819-8075 &amp; ID: 831 226 233#</li> </ul> <p><b>Stepping Stones</b> @ 1:30p-2:30p with Brenda</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li><a href="https://bit.ly/496TnEJ">https://bit.ly/496TnEJ</a></li> <li>(833) 819-8075 &amp; Phone conference ID: 376 810 293#</li> </ul> <p><b>NEW GROUP The Friday Fun Zone</b> @ 2:30p-4:00p with Nicole</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li><a href="https://bit.ly/4rNyUfl">https://bit.ly/4rNyUfl</a></li> <li>(833) 819-8075 (Toll-free) &amp; ID: 226 329 887 671 #</li> </ul>

**\*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://facebook.com/selfhelppeersupport) and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

# Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

April 2026

## In Person By Site

### Cambridge 9 Wellington St

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Cambridge Anxiety, Depression &amp; Hope Peer Support</b> @ 1:30p - 2:30p with Nancy</p> <ul style="list-style-type: none"> <li>April 6, 13, 20, 27</li> </ul> <p><b>RETURNING GROUP: Cambridge Walking Group</b> @ 2:45p-3:45p with Nancy</p> <ul style="list-style-type: none"> <li>April 6, 13, 20, 27</li> </ul>	<p><b>NEW GROUP Cambridge Self Compassion</b> @ 10:30a - 11:30a with Nancy</p> <ul style="list-style-type: none"> <li>April 7, 14, 21, 28</li> </ul> <p><b>NEW GROUP Cambridge Connect</b> @ 1:30p - 3:30p with Nancy</p> <ul style="list-style-type: none"> <li>April 7, 14, 21, 28</li> </ul>			

### Guelph 80 Waterloo Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p><b>NEW GROUP NOW DROP IN Guelph The Art of Intentional Living</b> @ 1:30p - 2:45p with Heather</p> <ul style="list-style-type: none"> <li>8-week group beginning April 8, ending May 27</li> <li><b>no group April 1</b></li> <li>April 8, 15, 22, 20</li> </ul> <p><b>Guelph Anxiety, Depression &amp; Hope Peer Support</b> @ 3:30p-4:30p with Nancy</p> <ul style="list-style-type: none"> <li>April 1, 8, 15, 22, 29</li> </ul>	<p><b>NEW GROUP Guelph Boundaries and Assertiveness: Reducing Emotional Outsourcing</b> @ 10:30a - 11:30a with Nancy</p> <ul style="list-style-type: none"> <li>April 2, 9, 16, 23, 30</li> </ul> <p><b>NEW WEEKLY CREATIVE GROUP Guelph Crochet &amp; Knit Club</b> @ 1:00p - 3:00p with Wynn and Nancy</p> <ul style="list-style-type: none"> <li>April 2, 9, 16, 23, 30</li> </ul>	<p><b>Guelph Qi Gong</b> @ 9:30a - 10:30a with Lisa</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li>80 Waterloo Ave, SHPS Room</li> </ul> <p><b>Guelph Self Compassion</b> @10:30a - 11:45a with Heather</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li>80 Waterloo Ave, G02/G04</li> </ul> <p><b>NEW GROUP Guelph Connect</b> @ 1:30p - 3:30p with Nancy</p> <ul style="list-style-type: none"> <li><b>NO GROUP APRIL 3</b></li> <li>April 10, 17, 24</li> <li>80 Waterloo Ave, SHPS Room</li> </ul>

**\*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) and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**



# Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

April 2026

## In Person By Site continued

### Kitchener

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NEW GROUP Coping with Chaos</b> @ 10:30a - 12:00p with Nicole</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 6, 13, 20, 27</li> </ul> <p><b>Fibre Arts Fun</b> @ 1:30p - 3:30p with Jen</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 6, 13, 20, 27</li> </ul>	<p><b>Kitchener Mindfulness &amp; Self Compassion</b> @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 7, 14, 21, 28</li> </ul> <p><b>Kitchener Games Group</b> @ 12:00p - 2:00p with Rob &amp; Jen</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 7, 14, 21, 28</li> </ul> <p><b>Kitchener Open Share</b> @ 2:30p - 4:00p with Brenda</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 7, 14, 21, 28</li> </ul> <p><b>Kitchener Anxiety, Depression and Hope Peer Support</b> @ 2:30p - 4:00p with Katrina</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 7, 14, 21, 28</li> </ul>	<p><b>Kitchener Walking Group</b> @ 11:30a - 12:30p with Rob</p> <ul style="list-style-type: none"> <li>• April 1, 8, 15, 22, 29</li> <li>• <b>NEW LOCATION</b> Corner of 55 King St West and Ontario St S</li> </ul>	<p><b>Kitchener Mind Over Mood</b> @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• April 2, 9, 16, 23, 30</li> </ul> <p><b>Kitchener Bowling Group</b> @ 1:00p - 2:30p with Rob</p> <ul style="list-style-type: none"> <li>• April 2, 9, 16, 23, 30</li> <li>• Victoria Bowl, 280 Victoria St S, Kitchener</li> </ul>	<p><b>NEW GROUP Kitchener Job Hunt Hub</b> @ 10:30a - 11:30a with Colene</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• <b>NO GROUP APRIL 3</b></li> <li>• April 10, 17, 24</li> </ul> <p><b>RETURNING GROUP Colour Me Calm</b> @ 3:00p - 4:30p with Katrina</p> <ul style="list-style-type: none"> <li>• <b>NEW CMHA LOCATION</b> 55 KING ST WEST 2<sup>ND</sup> FLOOR</li> <li>• <b>NO GROUP APRIL 3</b></li> <li>• April 10, 17, 24</li> </ul>

**\*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://facebook.com/selfhelppeersupport) and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

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

**Listen to our [podcast!](#)**

**April 2026**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Virtual (using Microsoft Teams) and In Person</b>				
		<p><b>Virtual Peers for Safer Living</b></p> <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>	<p><b>ON HOLD Virtual DBT Skills Peer Support Refresher</b></p> <ul style="list-style-type: none"> <li>• <b>Closed Group for attendees of DBT Skills Peer Support only</b></li> <li>• For questions, email Nancy at <a href="mailto:nflewelling@cmhaww.ca">nflewelling@cmhaww.ca</a></li> </ul> <p><b>Virtual Riding the Wave of Emotions @ 1:30p - 3:00p with Katrina and Jane</b></p> <ul style="list-style-type: none"> <li>• 16 week group began January 15, ends April 30</li> <li>• For questions, email Jane at <a href="mailto:jbrown@cmhaww.ca">jbrown@cmhaww.ca</a></li> <li>• <b>Registration is now closed.</b></li> </ul> <p><b>Virtual DBT Skills Peer Support @ 3:00p - 4:30p with Dana &amp; Lawrence.</b></p> <ul style="list-style-type: none"> <li>• April 2, 9, 16, 23</li> <li>• Group meets for approx. 18 months.</li> <li>• For questions, email Nancy at <a href="mailto:nflewelling@cmhaww.ca">nflewelling@cmhaww.ca</a></li> <li>• <b>Closed Group. No Waitlist at this time.</b></li> </ul>	<p><b>Virtual DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence.</b></p> <ul style="list-style-type: none"> <li>• <b>NO GROUP APRIL 3</b></li> <li>• April 10, 17, 24</li> <li>• Group meets for approx. 18 months.</li> <li>• For questions, email Nancy at <a href="mailto:nflewelling@cmhaww.ca">nflewelling@cmhaww.ca</a></li> <li>• <b>Closed group. No waitlist at this time.</b></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 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.

**\*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://facebook.com/selfhelppeersupport) and our Information & Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

## Enrolled Spark of Brilliance Groups

Listen to our [podcast!](#)

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<b>In Person - NEW LOCATION</b> 55 King St West, Kitchener	<b>Virtual</b> (using Microsoft Teams)	<b>In Person - 80 Waterloo Ave, Guelph</b>	<b>In Person - 80 Waterloo Ave, Guelph or Virtual</b>	<b>In Person - 80 Waterloo Ave, Guelph</b>
<p><b>Flowers Flowers Everywhere Painting</b></p> <ul style="list-style-type: none"> <li>April 6 from 1:30 p.m. to 3:30 p.m.</li> </ul> <p><b>In Progress</b></p> <ul style="list-style-type: none"> <li>April 13 from 1:30 p.m. to 3:30 p.m.</li> </ul> <p><b>Textured Flowers Chalk Art</b></p> <ul style="list-style-type: none"> <li>April 20 from 1:30 p.m. to 3:30 p.m.</li> </ul> <p><b>Little Houses Painting</b></p> <ul style="list-style-type: none"> <li>April 27 from 1:30 p.m. to 3:30 p.m.</li> </ul>	<p><b>How to Draw (parts 5 &amp; 6/6)</b></p> <ul style="list-style-type: none"> <li>April 7 &amp; 21 from 1:30 p.m. to 3:30 pm</li> </ul> <p><b>Develop Your Watercolour Style Series</b></p> <ul style="list-style-type: none"> <li>April 14 from 1:30 to 3:30 p.m.</li> </ul> <p><b>The Answers are Within You</b></p> <ul style="list-style-type: none"> <li>April 28 from 1:30 to 3:30 p.m.</li> </ul>	<p><b>No workshop on April 1</b></p> <p><b>Flowers Flowers Everywhere Painting</b></p> <ul style="list-style-type: none"> <li>April 8 from 1:30 p.m. to 3:30 pm</li> </ul> <p><b>Suminigashi</b></p> <ul style="list-style-type: none"> <li>April 15 from 1:30 to 3:30 pm</li> </ul> <p><b>Textured Pastel Flowers</b></p> <ul style="list-style-type: none"> <li>April 22 from 1:30 to 3:30 pm</li> </ul> <p><b>Little Houses Painting</b></p> <ul style="list-style-type: none"> <li>April 29 from 1:30 to 3:30 p.m.</li> </ul>	<p><b>Guelph: Rewritten: Monthly Writing Group (CLOSED GROUP)</b></p> <ul style="list-style-type: none"> <li>April 30 from 11:00 a.m. to 1:00 p.m.</li> </ul> <p><b>Guelph: Crochet &amp; Knit Club</b></p> <ul style="list-style-type: none"> <li><b>NOW WEEKLY at NEW TIME</b> April 2, 9, 16, 23, 30 from 1:00 p.m. to 3:00 p.m.</li> <li><b>Drop in - no registration required</b></li> </ul> <p><b>VIRTUAL The Writing Life</b></p> <ul style="list-style-type: none"> <li>April 9 from 3:30 to 5:00 p.m.</li> </ul>	<p><b>Guelph: Fourth Friday ATC and Sketch Drop In</b></p> <ul style="list-style-type: none"> <li>April 24 from 11 a.m. to 1 p.m.</li> </ul>
<p><b>To enroll in Spark of Brilliance, register for a workshop, or be added to our monthly mailing list, email Marcey at <a href="mailto:mgray@cmhaww.ca">mgray@cmhaww.ca</a>.</b></p>				

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.W

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

April 2026

## Enrolled Spark of Brilliance Groups Program Descriptions

**Develop Your Watercolour Style Series** - Explore your unique artistic style through a series of quick, simple watercolour exercises designed for both beginners and intermediate artists. This playful workshop encourages you to break out of old habits, experiment with different styles and compositions, and discover the colours and techniques that feel most “you.” By the end, you’ll have a clearer sense of your personal watercolour voice and plenty of inspiration to keep creating.

**Flowers Flowers Everywhere** - Discover the colourful world of Gustav Klimt as we use his painting Farm Garden with Sunflowers as inspiration to create our own vibrant patch of natural beauty. In this relaxed, beginner-friendly workshop, you’ll explore playful patterns, bold colours, and expressive brushwork while painting a garden scene uniquely your own. Come ready to unwind, experiment, and let your creativity bloom!

**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.

**Guelph Fourth Friday ATC and Sketch Drop In** - Join us on the fourth Friday of each month for a relaxed, no-registration drop-in session dedicated to creativity and connection. Make and trade Artist Trading Cards (ATCs) or bring along your favourite sketchbook and a beverage to enjoy some unstructured drawing time. Whether you’re looking to swap tiny works of art, practice your sketching skills, or simply spend time with fellow creatives, this casual drop-in is the perfect monthly creative break.

**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.

**Little Houses Painting** - In this creative workshop, we’ll take inspiration from Kazimir Malevich’s In Landscape with 5 Houses, exploring its bold shapes, expressive colours, and abstracted sense of place. Participants will experiment with simplified forms, strong contrasts, and imaginative interpretations of landscape to create their own modernist-inspired artwork.

**Rewritten: Monthly Writing Group (Closed Group)** - The Rewritten Writing Group is a closed monthly gathering for writers looking to deepen their storytelling skills and continue developing their ongoing stories. Together, we explore techniques, share progress, and support each other in growing as storytellers. If you’re interested in our upcoming storytelling training session, please contact [mgray@cmhaww.ca](mailto:mgray@cmhaww.ca) for more information.

**Suminigashi** - Discover the calming art of suminagashi, the ancient Japanese technique of floating ink on water to create beautiful, marbled patterns. In this beginner-friendly workshop, you’ll learn the basics of working with ink and flow then gently transferring your designs to paper. Enjoy a relaxing, meditative creative experience and leave with your own unique marbled prints.

**Textured Pastel Flowers** - Explore the dreamy world of colour in this chalk and pastel art workshop inspired by Odilon Redon’s pastel “Flowers”. Participants will learn how to blend soft pastels, build luminous layers, and create gentle, expressive floral forms characteristic of Redon’s imaginative style.

**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.

**The Writing Life** - Facilitated by writer and editor Mary Katherine Carr, this workshop invites participants to explore creative intuition and writing as a healing practice and catalyst for personal and community transformation. Through gentle experimentation with fiction, creative non-fiction, poetry, and letters—drawing inspiration from writers around the world—participants will write, reflect, and share in a supportive space. Writing is approached as both self-care and a tool for social change, honoring the power of your words.

## Self Help & Peer Support Program Descriptions

April 2026

**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 staff contact email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca)
- Wednesday virtual – staff contact email 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)

**NOW BIWEEKLY 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 facilitator email 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 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](mailto:nflewelling@cmhaww.ca)

**NEW GROUP Cambridge Self-Compassion** - See Self Compassion. Staff facilitator Nancy at [nflewelling@cmhaww.ca](mailto: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](mailto:nflewelling@cmhaww.ca)

**NEW GROUP Chat N' Chill** - A welcoming virtual space to talk about mental health and wellness. Drop in, share your thoughts, listen, and connect with peers in open, judgment-free conversation. Staff facilitator email: Nicole at [nfrost@cmhaww.ca](mailto:nfrost@cmhaww.ca)

**RETURNING GROUP Chronic Pain and Mental Health** - This virtual group offers an understanding space for individuals living with chronic pain to connect, share experiences, and support one another. Together, we explore the emotional and mental health impacts of long-term pain, build coping strategies, and strengthen resilience. Participants are encouraged to share at their own pace while gaining tools, validation, and community from others who truly understand. Staff contact: 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: Colene at [callen@cmhaww.ca](mailto:callen@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](mailto:nflewelling@cmhaww.ca)

**NEW GROUP The Friday Fun-Zone** - Games, laughs, and good company! Join our weekly peer-led drop-in hangout for online games and casual conversation. A great way to stay connected and boost your mood. All are welcome! Staff facilitator email: Nicole at [nfrost@cmhaww.ca](mailto:nfrost@cmhaww.ca).

**NEW GROUP Guelph Boundaries and Assertiveness: Reducing Emotional Outsourcing** - This is an open, drop-in peer support group that his group explores how to recognize, set, and maintain healthy emotional boundaries. Together, we'll build skills to reduce emotional outsourcing such as codependency, perfectionism and people-pleasing and strengthen our capacity for self-awareness, resilience, and emotional independence. Participants will learn practical strategies, share experiences, and support one another in creating healthier patterns in relationships and daily life. 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)

## Self Help & Peer Support Program Descriptions (continued)

April 2026

**NEW GROUP Guelph 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 for a few minutes or the whole time, and connect with others who understand the value of simply being together. Staff facilitator email: Nancy at [nflewelling@cmhaww.ca](mailto: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](mailto:nflewelling@cmhaww.ca).

**Guelph Self Compassion** - See Self Compassion. Staff contact: Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca)

**NEW 8 WEEK DROP IN 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. 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).

**Kitchener Anxiety, Depression & Hope Peer Support** - See 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](mailto:brichard@cmhaww.ca).

**RETURNING GROUP Colour Me 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. Staff contact: Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

**NEW GROUP Kitchener Coping with Chaos** - Does life feel like it's moving too fast or hitting too hard? Whether you are navigating systemic challenges, personal transitions, or daily stressors, you don't have to do it alone. Coping with Chaos is a peer-led drop-in space designed to help you find your steady ground when the world feels overwhelming. Staff facilitator: Nicole at [nfrost@chmaww.ca](mailto:nfrost@chmaww.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](mailto: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](mailto:brichard@cmhaww.ca).

**NEW GROUP Kitchener Job Hunt Hub** - Job hunting can be really tough and challenging - it's hard to stay motivated and positive at times. Come meet with a group of people looking for Empowered Employment and talk about the challenges and rewards of job hunting. Hosted by Peer Support in collaboration with New Directions Employment, this group is facilitated by a Peer & Employment Coordinator. No registration required. Drop-in sessions. Staff facilitator: Colene at [callen@cmhaww.ca](mailto:callen@cmhaww.ca).

## Self Help & Peer Support Program Descriptions (continued)

April 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](mailto: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](mailto:callen@cmhaww.ca).

**Kitchener Open-Share** - Informal discussion about their mental health and wellbeing. Staff facilitator email Brenda at [brichard@cmhaww.ca](mailto:brichard@cmhaww.ca).

**Kitchener Walking Group** – **NEW LOCATION** Join us outside 55 King St West at the corner with Ontario St South 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](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 is now 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 for virtual group: 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 email 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 nonjudgemental 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 Nancy at [nflewelling@cmhaww.ca](mailto:nflewelling@cmhaww.ca).