

Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar - April 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 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 Nicole
- April 6, 13, 20, 27
- **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
- April 6, 13, 20, 27
- **In-person**
- 9 Wellington St, SHPS Group room

RETURNING GROUP Cambridge Walking Group

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

- April 6, 13, 20, 27
- **In-person**
- 9 Wellington St, Cambridge

NEW GROUP Kitchener Coping with Chaos

- 10:30 am to 12 pm with Nicole
- April 6, 13, 20, 27
- **In-Person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

Kitchener Fibre Arts Fun

- 1:30 pm to 3:30 pm with Jen
- April 6, 13, 20, 27
- **In-person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

Tuesdays

No Virtual Groups

In Person Groups

NEW GROUP Cambridge Self-Compassion

- 10:30 am to 11:30 am with Nancy
- April 7, 14, 21, 28
- **In Person**
- 9 Wellington St, Cambridge

Kitchener Mindfulness & Self Compassion

- 10:30 am to 11:30 am with Colene
- April 7, 14, 21 & 28
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

Kitchener Games

- 12:00 pm to 2:00 pm with Rob and Jen

- April 7, 14, 21, 28
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

NEW GROUP Cambridge Connect

- 1:30 pm to 3:30 pm with Nancy
- April 7, 14, 21, 28
- **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
- April 7, 14, 21, 28
- **In Person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

Kitchener Open Share

- 2:30 pm to 4:00 pm with Brenda
- April 7, 14, 21, 28
- **In person**
- **OUR NEW KITCHENER SITE: 55 King St West Second Floor**

Wednesdays

Virtual Groups

Returning Group Chronic Pain and Mental Health

- 11:00 am to 12:00 pm with Katrina and Nancy
- April 1, 8, 15, 22, 29
- **Virtual**
- <https://bit.ly/4ulQN1z>
- 1-(833) 819-8075(Toll-free) & Phone conference ID: 268 369 868#

Self-Compassion

- 1:00 pm to 2:30 pm with Brenda
- April 1, 8, 15, 22, 29

- **Virtual**
- 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
- April 1, 8, 15, 22, 29
- **Virtual**
- <https://bit.ly/3Ps8l1W>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 228 593 584#

BPD Peer Support

- 3:00 pm to 4:30 pm with Brenda
- April 1, 8, 15, 22, 29
- **Virtual**
- 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
- April 1, 15, 29
- **Virtual**
- Email missingpersons@rogers.com to join.

In Person Groups

NEW MEETING LOCATION Kitchener Walking Group

- 11:30 am to 12:30 pm with Rob
- April 1, 8, 15, 22, 29
- **In Person**
- **NEW LOCATION: 55 King Street West (at corner of King St W and Ontario St S)**

NEW GROUP NOW DROP-IN Guelph The Art of Intentional Living

- 8-week group beginning April 8, ending May 27
- 1:30 pm to 2:45 pm with Heather

- **In-person**
- 80 Waterloo Ave, SHPS group room

Guelph Anxiety, Depression & Hope Peer Support

- 3:30 pm to 4:30 pm with Nancy
- April 1, 8, 15, 22, 29
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Thursdays

Virtual Groups

NEW GROUP Chat N' Chill

- 10 am to 11 am
- April 2, 9, 16, 23, 30
- **Virtual**
- <https://bit.ly/4ISmzoX>
- (833) 819-8075 (Toll-free) & Phone conference ID: 238 488 619 750 68#

Self-Esteem

- 10:30 am to 12:00 pm with Brenda
- April 2, 9, 16, 23, 30
- **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
- April 2, 9, 16, 23, 30
- **Virtual**
- bit.ly/4hx3fvq
- (833) 819-8075 (Toll-free) & Phone conference ID: 371 999 325#

NOW BIWEEKLY Bipolar Disorder Peer Support Group

- 7:00 pm to 9:00pm with Brenda

- April 9, 23
- **Virtual**
- <http://bit.ly/46QHiU7>
- 1-(833) 819-8075 (Toll-free) & Phone conference ID: 494 313 892#

In Person Groups

NEW GROUP Guelph Boundaries: Reducing Emotional Outsourcing

- 10:30 am to 11:30 am with Nancy
- April 2, 9, 16, 23, 30
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Kitchener Mind Over Mood

- 10:30 am to 11:30 am with Colene
- April 2, 9, 16, 23 & 30
- **In Person**
- **NEW LOCATION: 55 King Street West, Second Floor**

NOW WEEKLY Guelph Crochet & Knit Club

- 1:00pm to 3:00pm with Wynn & Nancy
- April 2, 9, 16, 23, 30
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Kitchener Bowling

- 1:00 pm to 2:30 pm with Rob
- April 2, 9, 16, 23, 30
- **In Person**
- Victoria Bowl, 280 Victoria St S, Kitchener

Fridays NO GROUPS APRIL 3

Virtual Groups

Mental Health & Wellness Skills

- 1:00 pm to 2:00 pm with Colene

- **No group April 3**
- April 10, 17, 24
- **Virtual**
- <http://bit.ly/4pUlhLV>
- 1- (833) 819-8075 (Toll-free) & Phone conference ID: 831 226 233#

Stepping Stones

- 1:30pm – 2:30pm with Brenda
- **No group April 3**
- April 10, 17, 24
- **Virtual**
- <https://bit.ly/496TnEJ>
- 1- (833) 819-8075 (Toll-free) & Phone conference ID:376 810 293#

NEW GROUP The Friday Fun-Zone

- 2:30 pm-4 pm with Nicole
- **No group April 3**
- April 10, 17, 24
- **Virtual**
- <https://bit.ly/4rNyUfl>
- 1- (833) 819-8075 (Toll-free) & Phone conference ID: 226 329 887 671 #

In Person Groups

Guelph Qi Gong

- 9:30 am to 10:30 am with Lisa
- **No group April 3**
- April 10, 17, 24
- **In Person**
- 80 Waterloo Ave., SHPS Group room

Guelph Self Compassion

- 10:30 am to 11:45 am with Heather and Nancy
- **No group April 3**

- April 10, 17, 24
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

NEW GROUP Kitchener Job Hunt Hub

- 10:30am to 11:30am
- **No group April 3**
- April 10, 17 & 24
- **In-Person**
- 55 King St. W., Kitchener

NEW GROUP Guelph Connect

- 1:30 to 3:30pm with Nancy
- **No group April 3**
- April 10, 17, 24
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

RETURNING GROUP Kitchener Colour Your Calm

- 3:00p – 4:30p with Katrina
- **No group April 3**
- April 10, 17, 24
- **In-Person**
- **NEW LOCATION: 55 King Street West, Second Floor**

Enrolled Recovery Learning Groups Schedule

Mondays

No enrolled groups on Mondays

Tuesdays

No enrolled groups on Tuesdays

Wednesdays

Virtual Peers for Safer Living

- 10-week group for those who have completed the 20 week group.
- To join the next session email skillsforsafelivingteam@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.

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

Virtual DBT Skills Peer Support

- 3:00 pm to 4:30 pm with Dana & Lawrence
- April 2, 9, 16, 23, 30
- Group will meet for approximately 18 months.
- For questions, please email Nancy at 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
- **No Group April 3**
- April 10, 17, 24
- Group will meet for approximately 18 months.
- Closed Group. No waitlist at this time.
- For questions, please email Nancy at nflewelling@cmhaww.ca.

Spark of Brilliance Groups

To enroll in Spark of Brilliance, register for a workshop or be added to our monthly mailing list, email Marcey at mgray@cmhaww.ca. Spaces are available on a first come, first served basis and limited spaces are available for each workshop. Enrollment in Spark of Brilliance is required at least 24 hours *prior* to registration. All supplies are provided at no cost to participants. Links to virtual workshops are sent to registered participants via email on the morning the workshop is held.

Planned Spark of Brilliance cancellations are noted 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. West. Rooms 218/219*

Workshop

Flowers Flowers Everywhere Painting

- April 6 from 1:30 p.m. to 3:30 p.m.

In Progress

- April 13 from 1:30 p.m. to 3:30 p.m

Textured Flowers Chalk Art

- April 20 from 1:30 p.m. to 3:30 p.m

Little Houses Painting

- April 27 from 1:30 p.m. to 3:30 p.m

Tuesday

Virtual

How to Draw (parts 5 & 6/6)

- April 7 & 21 from 1:30 p.m. to 3:30 pm

Develop Your Watercolour Style Series

- April 14 from 1:30 to 3:30 p.m.

The Answers are Within You

- April 28 from 1:30 to 3:30 p.m.

Wednesday

Guelph – 80 Waterloo Ave

No workshop on April 1

Flowers Flowers Everywhere Painting

- April 8 from 1:30 p.m. to 3:30 pm

Suminigashi

- April 15 from 1:30 to 3:30 pm

Textured Pastel Flowers

- April 22 from 1:30 to 3:30 pm

Little Houses Painting

- April 29 from 1:30 to 3:30 p.m.

Thursday

Virtual

The Writing Life

- April 2 from 3:30 to 5:00 p.m.

Guelph – 80 Waterloo Ave

Rewritten – Closed Monthly Writing Group

- April 30 from 11 a.m. to 1 p.m.

Guelph – 80 Waterloo Ave

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

- April 2, 9, 16, 23, 30 from 1:00 p.m. to 3:00 p.m.

Friday

Guelph – 80 Waterloo Ave

Fourth Friday ATC and Sketch Drop In

- April 24 from 11 a.m. to 1 p.m.

Spark of Brilliance Group 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 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 Drop In and Enrolled Group Descriptions (in alphabetical order)

Anxiety, Depression & Hope Peer Support

With a focus on coping, recovery, and fostering hope; a regular opportunity to talk about our walk with depression and anxiety, to hear peer stories, and as a result, to learn ways for living the life we want every day. Multiple sessions each week.

- Cambridge In person Monday staff facilitator email: Nancy at nflewelling@cmhaww.ca
- Kitchener In person Tuesday staff contact: Brenda at brichard@cmhaww.ca
- Wednesday virtual staff contact: Nancy at nflewelling@cmhaww.ca
- Guelph In person Wednesday staff facilitator email: Nancy at 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

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

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

NEW GROUP Chat N' Chill

A welcoming 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

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 nflewell@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: Colene at 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: Nancy at nflewell@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

NEW GROUP Guelph Boundaries: 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

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

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 email: Nancy at 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. Share, listen, and leave feeling more grounded and empowered on your journey toward intentional living. 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.

Kitchener Anxiety, Depression & Hope Peer Support

- See 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.

RETURNING GROUP Kitchener Colour Your Calm

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

mindfulness and a sense of calm. Join us in person for colouring and conversation. All colouring materials are provided. Staff contact: Brenda at 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@chmawwc.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 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.

Kitchener Games

Enjoy social time playing games with others. Staff contact: Brenda at 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 contact: Colene at callen@cmhaww.ca.

Kitchener Mindfulness & Self-Compassion

Mindfulness lets us choose where to focus our attention. When we are mindful, we are in the moment. Mindfulness and Self-Compassion go hand in hand, so when we are

mindful, we are able to be compassionate with ourselves and those around us. Staff facilitator email: Colene at callen@cmhaww.ca.

Kitchener Mind over Mood

Participants meet in person to work through and discuss the book, Mind Over Mood, by Dennis Greenberger and Christine A. Padesky, a classic based on Cognitive Behaviour Therapy (CBT). Explore how CBT can be helpful in addressing the challenges of depression, anxiety, anger, and shame. Although it is not necessary, participants may wish to purchase their own hard copy of the book (we use the 2nd Edition) through their local or online bookseller. Staff facilitator email: Colene at callen@cmhaww.ca.

Kitchener Open-Share

We have an informal discussion about our mental health and wellbeing. Staff contact: Brenda at brichard@cmhaww.ca.

NEW MEETING LOCATION Kitchener Walking Group

Join us outside **55 King Street West (at corner of King St W and Ontario St S)** 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

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 now closed.** Questions? Please contact Jane at 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
- Guelph in-person staff facilitator email: Nancy at nflewelling@cmhaww.ca
- Virtual Staff facilitator 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 Brenda at 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.

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: Nicole at nfrost@cmhaww.ca