

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

May 2026

Virtual (using Microsoft Teams)

Click on the "[Click here...](#)" link to join via video or use the toll free phone number and ID number to join via telephone.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Supporting the Supporter 5:30pm to 7:30pm with Nicole</p> <ul style="list-style-type: none"> May 4, 11, 25 NO GROUP MAY 18 Click here for Supporting the Supporter (833) 819-8075 & Phone ID: 469 226 693# 	<p>NEW DATE, TIME & LINK Chat N' Chill 1:00pm to 2:00pm with Nicole</p> <ul style="list-style-type: none"> May 5, 12, 26 NO GROUP MAY 19 Click here for Chat N' Chill 1-(833) 819-8075 & Phone ID: 266 651 582# <p>RETURNING GROUP Experiencing Disability 1:30pm to 2:30 pm with Richard</p> <ul style="list-style-type: none"> May 5, 12, 19, 26 Click here for Experiencing Disability 1-(833) 819-8075 & Phone ID: 564 261 823# 	<p>RETURNING GROUP Chronic Pain & Mental Health 11:00am to 12:00pm with Katrina and Nancy</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 Click here for Chronic Pain & Mental Health 1-(833) 819-8075 & Phone ID: 268 369 868# <p>Self Compassion 1:00pm to 2:30pm with Brenda</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 Click here for Self Compassion 1-(833) 819-8075 & Phone ID: 429 884 579# <p>Anxiety, Depression and Hope Peer Support 1:30pm to 3:30pm with Lawrence</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 Click here to join Wednesday ADH 1-(833) 819-8075 & Phone ID: 228 593 584# <p>BPD Peer Support 3:00pm to 4:30 pm with Brenda</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 Click here for BPD Peer Support (833) 819-8075 & ID: 219 025 679# <p>Coping with a Missing Person 7:00pm to 8:00pm with Maureen</p> <ul style="list-style-type: none"> BI-WEEKLY May 13 and 27 Email missingpersons@rogers.com to join. 	<p>Self Esteem 10:30am to 12:00pm with Brenda</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 Click here for Self Esteem 1-(833) 819-8075 & Phone ID: 458 451 511# <p>Help for the Hurting Heart 2:00pm to 3:00pm with Brenda</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 Click here for Help for the Hurting Heart 1-(833) 819-8075 & Phone ID: 371 999 325# <p>BIWEEKLY Bipolar Disorder Peer Support 7:00pm to 9:00pm with Brenda</p> <ul style="list-style-type: none"> May 7 and 21 Click here for Bipolar Peer Support 1-(833) 819-8075 & Phone ID: 494 313 892# 	<p>Mental Health & Wellness Skills 1:00pm to 2:00pm with Colene</p> <ul style="list-style-type: none"> May 1, 8, 15, 22, 29 Click Here for Mental Health & Wellness Skills 1-(833) 819-8075 & Phone ID: 831 226 233# <p>NEW GROUP The Friday Fun Zone @ 2:30p-4:00p with Nicole</p> <ul style="list-style-type: none"> May 1, 8, 22, 29 NO GROUP MAY 15 Click here for The Friday Fun-Zone 1-(833) 819-8075 & Phone ID: 500 891 619#

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

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May 2026

In Person By Site

Cambridge 9 Wellington St

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Cambridge Anxiety, Depression & Hope Peer Support 1:30pm to 2:30pm with Nancy</p> <ul style="list-style-type: none"> May 4 and 25 NO GROUP MAY 11 OR 18 <p>Cambridge Walking Group 2:45pm to 3:45pm with Nancy</p> <ul style="list-style-type: none"> May 4 and 25 NO GROUP MAY 11 OR 18 	<p>NEW GROUP Cambridge Self Compassion 10:30am to 11:30am with Nancy</p> <ul style="list-style-type: none"> May 5, 19, 26 NO GROUP MAY 12 <p>NEW GROUP Cambridge Connect 1:30pm to 3:30pm with Nancy</p> <ul style="list-style-type: none"> May 5, 19, 26 NO GROUP MAY 12 			

Guelph 80 Waterloo Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>NEW GROUP NOW DROP IN Guelph The Art of Intentional Living 1:30pm to 2:45pm with Heather</p> <ul style="list-style-type: none"> 8-week group beginning April 8, ending May 27 May 6, 13, 20, 27 <p>Guelph Anxiety, Depression & Hope Peer Support 3:30pm to 4:30pm with Nancy</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 	<p>NEW GROUP Guelph Boundaries and Assertiveness: Reducing Emotional Outsourcing 10:30am to 11:30am with Nancy</p> <ul style="list-style-type: none"> May 7, 21, 28 NO GROUP MAY 14 <p>NEW WEEKLY CREATIVE GROUP Guelph Crochet & Knit Club 1:00pm to 3:00pm with Wynn and Nancy</p> <ul style="list-style-type: none"> May 7, 21, 28 NO GROUP MAY 14 	<p>Guelph Qi Gong 9:30am to 10:30am with Lisa</p> <ul style="list-style-type: none"> May 1, 8, 22, 29 NO GROUP MAY 15 80 Waterloo Ave, G02/G04 <p>Guelph Self Compassion 10:30am to 11:45am with Heather</p> <ul style="list-style-type: none"> May 1, 8, 22, 29 NO GROUP MAY 15 80 Waterloo Ave, SHPS Group Room <p>NEW GROUP Guelph Connect 1:30pm to 3:30pm with Nancy</p> <ul style="list-style-type: none"> May 1, 8, 22, 29 NO GROUP MAY 15 80 Waterloo Ave, SHPS Room

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May 2026

In Person By Site continued

Kitchener NEW LOCATION: 55 King St West, Second Floor

Monday	Tuesday	Wednesday	Thursday	Friday
<p>NEW GROUP Coping with Chaos 10:30am to 12:00pm with Nicole</p> <ul style="list-style-type: none"> May 4, 11, 25 NO GROUP MAY 18 <p>Fibre Arts Fun 1:30pm to 3:30pm with Jen</p> <ul style="list-style-type: none"> May 4, 11, 25 NO GROUP MAY 18 	<p>Kitchener Mindfulness 10:30am to 11:30am with Jasmina</p> <ul style="list-style-type: none"> May 5, 12, 19, 26 <p>Kitchener Games Group 12:00pm to 2:00pm with Rob & Jen</p> <ul style="list-style-type: none"> May 5, 12, 19, 26 <p>Kitchener Open Share 2:30pm to 4:00pm with Brenda</p> <ul style="list-style-type: none"> May 5, 12, 19, 26 <p>Kitchener Anxiety, Depression and Hope Peer Support 2:30pm to 4:00pm with Katrina</p> <ul style="list-style-type: none"> May 5, 12, 19, 26 	<p>Kitchener Walking Group 11:30am to 12:30pm with Rob</p> <ul style="list-style-type: none"> May 6, 13, 20, 27 NEW LOCATION Corner of 55 King St West and Ontario St S: MEET IN CMHA RECEPTION, 2ND FLOOR 	<p>Kitchener Mind Over Mood 10:30am to 11:30am with Colene</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 <p>Kitchener Bowling Group 1:00pm to 2:30pm with Rob</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 Victoria Bowl, 280 Victoria St S, Kitchener <p>NEW GROUP Kitchener Self Compassion 2:00pm to 3:00pm with Jasmina</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 	<p>NEW GROUP Kitchener Job Hunt Hub 10:30am to 11:30am with Colene</p> <ul style="list-style-type: none"> May 1, 8, 22, 29 NO GROUP MAY 15 <p>Colour Me Calm 3:00pm to 4:30pm with Katrina</p> <ul style="list-style-type: none"> May 1, 8, 15, 22, 29

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

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

[Listen to our podcast!](#)

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual (using Microsoft Teams) and In Person				
		<p>Virtual Peers for Safer Living</p> <ul style="list-style-type: none"> 10-week group for those who have completed the 20-week group. To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063. 	<p>ON HOLD Virtual DBT Skills Peer Support Refresher</p> <ul style="list-style-type: none"> Closed Group for attendees of DBT Skills Peer Support only For questions, email Nancy at nflewelling@cmhaww.ca <p>Virtual DBT Skills Peer Support @ 3:00p – 4:30p with Dana & Lawrence.</p> <ul style="list-style-type: none"> May 7, 14, 21, 28 Group meets for approx. 18 months. For questions, email Nancy at nflewelling@cmhaww.ca Closed Group. No Waitlist at this time. 	<p>Virtual DBT Skills Peer Support @ 3:00p – 4:30p with Lawrence.</p> <ul style="list-style-type: none"> May 1, 8, 15, 22, 29 Group meets for approx. 18 months. For questions, email Nancy at nflewelling@cmhaww.ca Closed group. No waitlist at this time.

Recovery Learning groups follow a curriculum and occur for a determined number of sessions, with the same participants attending each week. These are closed groups.

Participating in a Recovery Learning group requires enrollment with Self Help & Peer Support. During enrollment staff will collect some basic contact and demographic information from participants and attendance is tracked.

If you have questions, or to join one of our “Recovery Learning” groups email selfhelpgroup@cmhaww.ca or call one of our sites.

To Join via Teams video - use the bit.ly URL --click on it; typing it in does not work | **To join via Teams telephone** - use the toll free phone number and ID number.

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

Enrolled Spark of Brilliance Groups

Listen to our [podcast!](#)

May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
In Person - 55 King St West, Kitchener	Virtual (using Microsoft Teams)	In Person - 80 Waterloo Ave, Guelph	In Person - 80 Waterloo Ave, Guelph	In Person - 80 Waterloo Ave, Guelph
<p>NO WORKSHOP MAY 18</p> <p>Silent Beach Collage</p> <ul style="list-style-type: none"> May 4 1:30 p.m. to 3:30 p.m. <p>Butterflies in Warm Acrylics</p> <ul style="list-style-type: none"> May 11 1:30 p.m. to 3:30 p.m. <p>In Progress</p> <ul style="list-style-type: none"> May 25 1:30 p.m. to 3:30 p.m. 	<p>Monthly Illustrated Art Journaling</p> <ul style="list-style-type: none"> May 5 1:30 p.m. to 3:30 m <p>Develop Your Watercolour Style Series - Part 2</p> <ul style="list-style-type: none"> May 12 1:30 to 3:30 p.m. <p>Floral Fantasy - 3 Drawing Exercises</p> <ul style="list-style-type: none"> May 19 1:30 to 3:30 p.m. <p>The Answers are Within You</p> <ul style="list-style-type: none"> May 26 1:30 to 3:30 p.m. 	<p>Silent Beach Collage</p> <ul style="list-style-type: none"> May 6 1:30 p.m. to 3:30 pm <p>Butterflies in Warm Acrylics</p> <ul style="list-style-type: none"> May 13 1:30 p.m. to 3:30 pm <p>Meditative Square Stacks</p> <ul style="list-style-type: none"> May 20 1:30 p.m. to 3:30 pm <p>In Progress</p> <ul style="list-style-type: none"> May 27 1:30 p.m. to 3:30 p.m. 	<p>Rewritten - Closed Monthly Storytelling Group</p> <ul style="list-style-type: none"> May 28 11 a.m. to 1 p.m. 	<p>Fourth Friday ATC and Sketch Drop In</p> <ul style="list-style-type: none"> May 22 11 a.m. to 1 p.m.
<p>To enroll in Spark of Brilliance, register for a workshop, or be added to our monthly mailing list, email Marcey at mgray@cmhaww.ca.</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

May 2026

Enrolled Spark of Brilliance Groups Program Descriptions

Butterflies in Warm Acrylics - Inspired by the painting Avocation of Butterflies, this workshop explores comfort and gentle movement through art-making. Using warm, rich colours, we'll create a piece that feels soft, grounding, and alive with motion—an artwork that invites the viewer to pause, breathe, and feel at ease.

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.

Floral Fantasy - Immerse yourself in a world of fantasy florals with the help of Ewa Rosa and Skillshare. Through mindful drawing, slow down, de-stress, and reconnect with the present moment. This class guides you through gentle, meditative exercises that encourage focus, creativity, and inner calm—no pressure, just presence.

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.

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.

Meditative Square Stacks - Experience a meditative drawing practice as you stack simple squares, tangle them in ink, and add soft washes of colour. This gentle process creates a sense of calm, rhythmic movement across the page—inviting focus, stillness, and ease.

Monthly Illustrated Journaling - With the help of Skillshare and artist Dylan Mierzwinski, we'll take a mindful, supportive approach to creativity through monthly illustrated journal prompts. This gentle practice invites calm, curiosity, and connection—without pressure or expectations. All you need are simple supplies: markers, pens, or any colouring tools you already have, plus a few moments set aside each day to support your mental health and replenish your creative well. Grab your supplies and join us!

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.

Silent Beach Collage - Inspired by the art of Degas, this gentle art-making session explores calm, quiet moments through watercolour, gouache, and layered strips of paper. Slow down, soften your focus, and create a peaceful composition rooted in movement, balance, and stillness.

The Answers are Within You - Join us for a unique writing and art workshop inspired by The Answers Are Within You by Amber Rae. Using the book's insights on self-discovery and personal growth, participants will explore themes of mind, body, and soul through creative expression. Writers will have the option to write from a first-person perspective for a more intimate, personal experience or experiment with second or third-person to develop fictional storylines. Artists will have prompts available for expressing themselves visually. Whether you're looking to reflect on your own journey or craft new narratives, this workshop offers a transformative space to explore your inner world.

Self Help & Peer Support Program Descriptions

May 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
- Kitchener In person Tuesday afternoon staff contact email Nicole at nfrost@cmhaww.ca
- Wednesday virtual – staff contact email Nancy at nflewelling@cmhaww.ca
- Guelph In person Wednesday – staff facilitator email Nancy at nflewelling@cmhaww.ca

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 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. Staff facilitator Nancy at nflewelling@cmhaww.ca

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

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

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

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 email Nancy at nflewelling@cmhaww.ca

RETURNING VIRTUAL GROUP Experiencing Disability - 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.

Self Help & Peer Support Program Descriptions (continued)

May 2026

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 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

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 Qi Gong - Wear comfortable clothing and join us as we explore gentle movement to improve physical, mental, emotional, and spiritual wellbeing. Qigong is a branch of Traditional Chinese Medicine that sees the mind and body as interconnected - moving the body can improve all aspects of our health. All movements can be done standing or modified sitting in a chair and do not need any equipment. Staff contact: Nancy at nflewelling@cmhaww.ca.

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

NEW 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

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 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: Jasmina at jzlatanovic@cmhaww.ca

Kitchener 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.

Self Help & Peer Support Program Descriptions (continued)

May 2026

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@cmhaww.ca

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

Kitchener Games Group - Come to our Kitchener office and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level. Staff contact email: Jasmina at jzlatanovic@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.

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

Kitchener Mindfulness - Mindfulness definition "Awareness that arises through paying attention, on purpose, in the present moment, non-judgmentally" By cultivating mindfulness, we can develop a greater understanding of ourselves and our reactions, leading to improved mental and physical health outcomes. Staff facilitator email: Jasmina at jzlatanovic@cmhaww.ca

Kitchener Open-Share - Informal discussion about their mental health and wellbeing. Staff facilitator email Brenda at brichard@cmhaww.ca.

Kitchener Walking Group - NEW LOCATION Join us in reception at 55 King St West, 2nd Floor, for Walk & Talk. Weather permitting. *If it is poor weather, it will be cancelled. Facilitated by Rob. Staff contact email Jasmina at jzlatanovic@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.

Self-Compassion - This workbook-based virtual group (The Mindful Self Compassion Workbook, by Kristen Neff and Christopher Germer) gives opportunities for activities and discussions on how to be kinder to ourselves. A digital copy of the workbook is provided by email. Staff facilitator for virtual group: email Brenda at brichard@cmhaww.ca.

Self-Esteem - Peer-led group discussions, where we explore and develop wellness tools and self-care strategies. We will use conversation, worksheets, group activities, and visual aids to help gain a stronger understanding of self-esteem and its' importance in recovery. Staff facilitator email Brenda at brichard@cmhaww.ca.

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.