

Drop In Self Help & Peer Support Groups

[Listen to our podcast!](#)

June 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>RETURNING GROUP Buried In Treasures 11:00am to 12:00 pm with Brenda</p> <ul style="list-style-type: none"> June 1, 8, 15, 22 NO GROUP JUNE 29 Click here for Buried In Treasures 1-(833) 819-8075 & Phone ID: 835 493 114# <p>RETURNING GROUP Keeping On Track 2:00pm to 3:00pm with Richard</p> <ul style="list-style-type: none"> June 1, 8, 15, 22, 29 Click here for Keeping On Track 1-(833) 819-8075 & Phone ID: 742 406 440# <p>Supporting the Supporter 5:30pm to 7:30pm with Nicole</p> <ul style="list-style-type: none"> June 1, 8, 15, 22, 29 Click here for Supporting the Supporter 1-(833) 819-8075 & Phone ID: 469 226 693# 	<p>Chat N' Chill 1:00pm to 2:00pm with Nicole</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 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"> June 2, 9, 16, 23, 30 Click here for Experiencing Disability 1-(833) 819-8075 & Phone ID: 564 261 823# 	<p>NEW GROUP Choices & Change 10:30am to 11:30am with Richard</p> <ul style="list-style-type: none"> June 3, 10, 17, 24 Click here for Choices & Change 1-(833) 819-8075 & Phone ID: 717 849 340# <p>RETURNING GROUP Chronic Pain & Mental Health 11:00am to 12:00pm with Katrina and Nancy</p> <ul style="list-style-type: none"> June 3, 10, 17, 24 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"> June 3, 10, 17, 24 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"> June 3, 10, 17, 24 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"> June 3, 10, 17, 24 Click here for BPD Peer Support (833) 819-8075 & ID: 219 025 679# <p>Coping with a Missing Person NEW START TIME 6:30pm to 8:00pm with Maureen</p> <ul style="list-style-type: none"> BI-WEEKLY June 10 and 24 Email missingpersons@rogers.com to join. 	<p>Self Esteem 10:30am to 12:00pm with Brenda</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 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"> June 4, 11, 18, 25 Click here for Help for the Hurting Heart 1-(833) 819-8075 & Phone ID: 371 999 325# <p>NEW GROUP Neurodiversity Peer Support 3:00pm to 4:00pm with Richard</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 Click here for Neurodiversity Peer Support 1-(833) 819-8075 & Phone ID: 501 242 145# <p>NOW WEEKLY Bipolar Disorder Peer Support 7:00pm to 9:00pm with Brenda</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 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"> June 5, 12, 19, 26 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 to 4:00p with Nicole</p> <ul style="list-style-type: none"> June 5, 12, 19, 26 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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June 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"> June 1, 8, 15, 22, 29 <p>Cambridge Walking Group 2:45pm to 3:45pm with Nancy</p> <ul style="list-style-type: none"> June 1, 8, 15, 22, 29 	<p>Cambridge Self Compassion 10:30am to 11:30am with Nancy</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 <p>Cambridge Connect 1:30pm to 3:30pm with Nancy</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 	<p>RETURNING GROUP Cambridge Mind Over Mood 1:30pm to 3:00pm with Richard</p> <ul style="list-style-type: none"> June 3, 10, 17, 24 		<p>NEW GROUP Cambridge A Better Me 2:00pm to 3:00 pm with Richard</p> <ul style="list-style-type: none"> June 5, 12, 19, 26

Guelph 80 Waterloo Ave.

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>Guelph Anxiety, Depression & Hope Peer Support 3:30pm to 4:30pm with Nancy</p> <ul style="list-style-type: none"> June 3, 10, 17, 24 	<p>Guelph Boundaries and Assertiveness: Reducing Emotional Outsourcing 10:30am to 11:30am with Nancy</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 <p>Guelph Crochet & Knit Club 1:00pm to 3:00pm with Wynn and Nancy</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 	<p>Guelph Qi Gong 9:30am to 10:30am with Lisa</p> <ul style="list-style-type: none"> June 5, 12, 19, 26 80 Waterloo Ave, G02/G04 <p>Guelph Self Compassion 10:30am to 11:45am with Heather</p> <ul style="list-style-type: none"> June 5, 12, 19, 26 80 Waterloo Ave, SHPS Group Room <p>Guelph Connect 1:30pm to 3:30pm with Nancy</p> <ul style="list-style-type: none"> June 5, 12, 19, 26 80 Waterloo Ave, SHPS Room

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June 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"> June 1, 8, 15, 22, 29 <p>Fibre Arts Fun 1:30pm to 3:30pm with Jen</p> <ul style="list-style-type: none"> June 1, 8, 15, 22, 29 	<p>Kitchener Mindfulness 10:30am to 11:30am with Jasmina</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 <p>Kitchener Games Group 12:00pm to 2:00pm with Rob & Jen</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 <p>Kitchener Open Share 2:30pm to 4:00pm with Brenda</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 <p>Kitchener Anxiety, Depression and Hope Peer Support 2:30pm to 4:00pm with Katrina</p> <ul style="list-style-type: none"> June 2, 9, 16, 23, 30 	<p>Kitchener Walking Group 11:30am to 12:30pm with Rob</p> <ul style="list-style-type: none"> June 3, 10, 17, 24 MEET IN RECEPTION, 2ND FLOOR 	<p>Kitchener Mind Over Mood 10:30am to 11:30am with Colene</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 <p>Kitchener Bowling Group 1:00pm to 2:30pm with Rob</p> <ul style="list-style-type: none"> June 4, 11, 18, 25 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"> June 4, 11, 18, 25 	<p>NEW GROUP Kitchener Job Hunt Hub 10:30am to 11:30am with Colene</p> <ul style="list-style-type: none"> June 5, 12, 19, 26 <p>Colour Me Calm 3:00pm to 4:30pm with Katrina</p> <ul style="list-style-type: none"> June 5, 12, 19, 26

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

Listen to our [podcast!](#)

June 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"> June 4, 11, 18, 25 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"> June 5, 12, 19, 26 Group meets for approx. 18 months. For questions, email Nancy at nflewelling@cmhaww.ca Closed group. No waitlist at this time.

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/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!](#)

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
In Person - 55 King St West, Kitchener	Virtual (using Microsoft Teams)	In Person - 80 Waterloo Ave, Guelph	Virtual or In Person - 80 Waterloo Ave, Guelph	In Person - 80 Waterloo Ave, Guelph
<p>Tree of Calm</p> <ul style="list-style-type: none"> June 1 1:30pm to 3:30pm <p>Watercolour Pop-up Bouquet</p> <ul style="list-style-type: none"> June 8 1:30pm to 3:30pm <p>Harmony on a Line</p> <ul style="list-style-type: none"> June 15 1:30pm to 3:30pm <p>In Progress</p> <ul style="list-style-type: none"> June 22 1:30pm to 3:30pm <p>NO WORKSHOP JUNE 29</p>	<p>Monthly Illustrated Art Journaling</p> <ul style="list-style-type: none"> June 2 1:30pm to 3:30pm <p>Develop Your Watercolour Style Monthly</p> <ul style="list-style-type: none"> June 9 1:30pm to 3:30pm <p>Monthly Studying the Masters – AA Bronson</p> <ul style="list-style-type: none"> June 16 1:30pm to 3:30pm <p>The Answers are Within You</p> <ul style="list-style-type: none"> June 23 1:30pm to 3:30pm <p>NO WORKSHOP JUNE 30</p>	<p>Tree of Calm</p> <ul style="list-style-type: none"> June 3 1:30pm to 3:30pm <p>Watercolour Pop Up Bouquet</p> <ul style="list-style-type: none"> June 10 1:30pm to 3:30pm <p>Harmony on a Line</p> <ul style="list-style-type: none"> June 17 1:30pm to 3:30pm <p>Wrapped in Reflection</p> <ul style="list-style-type: none"> June 24 1:30pm to 3:30pm 	<p><i>Virtual</i> The Writing Life</p> <ul style="list-style-type: none"> June 4 3:30pm to 5:00pm <p>Guelph – 80 Waterloo Ave Rewritten – Closed Monthly Storytelling Group</p> <ul style="list-style-type: none"> June 25 11am to 1pm 	<p>Fourth Friday ATC and Sketch Drop In</p> <ul style="list-style-type: none"> June 26 11am to 1pm

To enroll in Spark of Brilliance, register for a workshop, or be added to our monthly mailing list, email Marcey at mgray@cmhaww.ca.

Spaces are available on a first come, first served basis and limited spaces are available for each workshop. Enrollment in Spark of Brilliance is required *prior* to registration. All supplies are provided at no cost to participants. To Join via video - use the bit.ly URL. | To join via telephone - use the toll free phone number and ID number.

CANCELLATIONS: Planned cancellations are noted on the above grid. In the event that we need to unexpectedly cancel a workshop, registered participants will be notified via email as soon as possible.

June 2026

Enrolled Spark of Brilliance Groups Program Descriptions

Develop Your Watercolour Style Series - Monthly. 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.

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.

Harmony on a Line - In this workshop, we’ll explore the idea of visual harmony—how colours, shapes, and composition come together to create a sense of balance and ease. Inspired by Kasimir Malevich, we’ll create a collage of shapes and colours that work together like notes in a chord. As you experiment, you’ll notice how each new element influences the next, helping you build a piece that feels connected and complete. Stay open, play with the process, and discover how harmonizing your art can create a calm and satisfying creative experience.

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.

Monthly Illustrated Journalling - 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!

Monthly Studying the Masters - Join us for our monthly Studying the Masters workshop, where we explore the work of a different artist and use their approach as inspiration to create something in our own unique style. Participants are encouraged to work with whatever materials feel most natural and expressive—there’s no right or wrong way to create. This month, we’ll be looking at AA Bronson, a Canadian artist and member of the influential collective General Idea. His work often explores themes of identity, community, healing, and the impact of the AIDS crisis, blending personal experience with conceptual art practices. Together, we’ll reflect on his use of storytelling and symbolism, and experiment with ways to bring meaning and intention into our own creative process.

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.

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.

Tree of Calm - Trees are a wonderful subject for artists, rooted in the earth while reaching toward the sky, they can be interpreted in endless creative ways. Inspired by Gustav Klimt’s *Tree of Life*, known for its flowing lines and decorative detail, this workshop invites participants to explore art as a calming, expressive process. Together, we’ll create our own “tree of calm,” using pattern, shape, and imagination to bring a sense of balance and creativity to the page.



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Enrolled Spark of Brilliance Groups Program Descriptions

Watercolour Pop up Bouquet - In this workshop, you'll learn how to create a simple, eye-catching bouquet. We'll add layers of foliage with collage and floral wire, then design a matching envelope and a pull-out tag to include a personal message. You'll also have fun adding small characters and objects to bring your floral scene to life. The result is a beautiful, handcrafted bouquet of everlasting flowers that will never fade!

Wrapped in Reflection - In this nature-based, reflective workshop, participants will use a tree branch and a variety of fibres to create a meaningful, textured piece that represents a memory, emotion, or part of their life story. Through the process of wrapping and layering, we'll explore how materials can hold personal meaning and support creative expression.

You're encouraged to bring a branch or limb that speaks to you, collected during a walk or from your surroundings. While some materials will be provided, you're welcome to bring your own fibres as well. Participants can choose between a quiet, reflective (silent) experience or a more social approach. Picnic tables will be available, but feel free to bring a camp chair or blanket to create a comfortable space that works for you.

Self Help & Peer Support Program Descriptions

June 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

NOW WEEKLY 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.

NEW GROUP Cambridge A Better Me - Share, learn about and discuss self care skills and strategies helpful in coping with mental health concerns such as depression, anxiety, loneliness, negative thought patterns and more. Participants are invited to share their experiences and support one another as we continue on our journey living with mental health challenges. Materials on self-care skills and coping strategies will be shared by the group facilitator on occasion for learning and discussion.

Cambridge Anxiety, Depression & Hope Peer Support - See Anxiety, Depression & Hope Peer Support.

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

RETURNING GROUP Cambridge Mind Over Mood - See Kitchener Mind Over Mood.

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

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

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

NEW GROUP Choices & Change - Do you engage in activities and behaviours you find distressing, harmful or problematic and have difficulty disengaging from or changing? Join us to share your thoughts, feelings and impacts of the behaviours in a non-judgemental space. The group will use a trauma-informed approach, with a focus on harm reduction strategies and the concept of self-determination.

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

Self Help & Peer Support Program Descriptions (continued)

June 2026

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.

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.

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

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

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.

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

Self Help & Peer Support Program Descriptions (continued)

June 2026

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 - **Join us in CMHA 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

NEW GROUP Neurodiversity Peer Support - Looking for people who understand having both neurodiversity and mental health challenges together? Share skills, strategies, support, and experiences. Shift stigma and stereotypes through a focus on the gifts and needs we have as a collective.

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.