

Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar - June 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
- 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: We use Microsoft Teams to provide our virtual groups. Use the “Click here” link to join in

Mondays

Virtual Groups

RETURNING GROUP Buried in Treasures

- 11:00 am to 12:00 pm with Brenda
- June 1, 8, 15, 22
- **No group June 29**
- **Virtual**
- [Click here for Buried In Treasures](#)
- 1-(833) 819-8075 & Phone ID: 835 493 114#

RETURNING DROP-IN GROUP Keeping on Track – A Challenge to Change

- 2:00 pm to 3:00 pm with Richard
- June 1, 8, 15, 22, 29
- **Virtual**
- [Click here for Keeping on Track](#)
- 1-(833) 819-8075 & Phone ID: 742 406 440#

Supporting the Supporter

- 5:30 pm to 7:30 pm with Nicole
- June
- **Virtual**
- [Click here for Supporting the Supporter](#)
- 1-(833) 819-8075 & Phone ID: 469 226 693#

In Person Groups

Cambridge Anxiety, Depression & Hope Peer Support

- 1:30pm to 2:30 pm with Nancy
- June 1, 8, 15, 22, 29
- **In-person**
- 9 Wellington St, SHPS Group room

Cambridge Walking Group

- 2:45pm to 3:45 pm with Nancy
- June 1, 8, 15, 22, 29
- **In-person**
- 9 Wellington St, Cambridge

NEW GROUP Kitchener Coping with Chaos

- 10:30 am to 12 pm with Nicole
- June 1, 8, 15, 22, 29
- **In-Person**
- 55 King St West Second Floor

Kitchener Fibre Arts Fun

- 1:30 pm to 3:30 pm with Jen
- June 1, 8, 15, 22, 29
- **In-person**
- 55 King St West Second Floor

Tuesdays

Virtual Groups

Chat N' Chill

- 1:00 pm to 2:00 pm with Nicole
- June 2, 9, 16, 23, 30
- **Virtual**
- [Click here for Chat N' Chill](#)
- 1-(833) 819-8075 & Phone ID: 266 651 582#

RETURNING GROUP Experiencing Disability

- 1:30 pm to 2:30 pm with Richard
- June 2, 9, 16, 23, 30
- **Virtual**
- [Click here for Experiencing Disability](#)
- 1-(833) 819-8075 & Phone ID: 564 261 823#

In Person Groups

Cambridge Self-Compassion

- 10:30 am to 11:30 am with Nancy
- June 2, 9, 16, 23, 30
- **In Person**
- 9 Wellington St, Cambridge

Kitchener Mindfulness

- 10:30 am to 11:30 am with Jasmina
- June 2, 9, 16, 23, 30
- **In person**
- 55 King St West Second Floor

Kitchener Games

- 12:00 pm to 2:00 pm with Rob and Jen
- June 2, 9, 16, 23, 30
- **In person**
- 55 King St West Second Floor

Cambridge Connect

- 1:30 pm to 3:30 pm with Nancy
- June 2, 9, 16, 23, 30
- **In person**
- 9 Wellington St, SHPS Group room

Kitchener Anxiety, Depression and Hope Peer Support

- 2:30 pm to 4:00 pm with Katrina
- June 2, 9, 16, 23, 30
- **In Person**
- 55 King St West Second Floor

Kitchener Open Share

- 2:30 pm to 4:00 pm with Brenda
- June 2, 9, 16, 23, 30
- **In person**
- 55 King St West Second Floor

Wednesdays

Virtual Groups

NEW GROUP Choices & Change

- 10:30 am to 11:30 am with Richard
- June 3, 10, 17, 24
- **Virtual**
- [Click here for Choices & Change](#)
- 1-(833) 819-8075 & Phone ID: 717 849 340#

Returning Group Chronic Pain and Mental Health

- 11:00 am to 12:00 pm with Katrina and Nancy
- June 3, 10, 17, 24
- **Virtual**
- [Click here for Chronic Pain & Mental Health](#)
- 1-(833) 819-8075 & Phone ID: 268 369 868#

Self-Compassion

- 1:00 pm to 2:30 pm with Brenda
- June 3, 10, 17, 24
- **Virtual**
- [Click here for Self-Compassion](#)
- 1-(833) 819-8075 & Phone ID: 429 884 579#

Anxiety, Depression and Hope Peer Support

- 1:30 pm to 3:30 pm with Lawrence
- June 3, 10, 17, 24
- **Virtual**
- [Click here to join Wednesday ADH](#)
- 1-(833) 819-8075 & Phone ID: 228 593 584#

BPD Peer Support

- 3:00 pm to 4:30 pm with Brenda
- June 3, 10, 17, 24
- **Virtual**
- [Click here for BPD Peer Support](#)
- 1-(833) 819-8075 & Phone ID: 219 025 679#

Coping with a Missing Person

- **NEW START TIME** 6:30 pm to 8 pm with Maureen
- Biweekly
- June 10 & 24
- **Virtual**
- Email missingpersons@rogers.com to join.

In Person Groups

Kitchener Walking Group

- 11:30 am to 12:30 pm with Rob
- June 3, 10, 17, 24
- **In Person**
- 55 King Street West (meet at CMHA reception on the 2nd floor)

Returning Group Cambridge Mind Over Mood

- 1:30 pm to 3:00 pm with Richard
- June 3, 10, 17, 24
- **In Person**
- 9 Wellington St, SHPS Group room

Guelph Anxiety, Depression & Hope Peer Support

- 3:30 pm to 4:30 pm with Nancy
- June 3, 10, 17, 24
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Thursdays

Virtual Groups

Self-Esteem

- 10:30 am to 12:00 pm with Brenda
- June 4, 11, 18, 25
- **Virtual**
- [Click here for Self Esteem](#)
- 1-(833) 819-8075 & Phone ID: 458 451 511#

Help for the Hurting Heart

- 2:00 pm to 3:00 pm with Brenda
- June 4, 11, 18, 25
- **Virtual**
- [Click here for Help for the Hurting Heart](#)
- 1-(833) 819-8075 & Phone ID: 371 999 325#

NEW GROUP Neurodiversity Peer Support

- 3:00 pm to 4:00 pm with Richard
- June 4, 11, 18, 25
- **Virtual**
- [Click here for Neurodiversity Peer Support](#)

- 1-(833) 819-8075 & Phone ID: 501 242 145#

NOW WEEKLY Bipolar Disorder Peer Support Group

- 7:00 pm to 8:30 pm with Brenda
- June 4, 11, 18, 25
- **Virtual**
- [Click here for Bipolar Peer Support](#)
- 1-(833) 819-8075 & Phone ID: 494 313 892#

In Person Groups

Guelph Boundaries: Reducing Emotional Outsourcing

- 10:30 am to 11:30 am with Nancy
- June 4, 11, 18, 25
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Guelph Crochet & Knit Club

- 1:00pm to 3:00pm with Wynn & Nancy
- June 4, 11, 18, 25
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Kitchener Mind Over Mood

- 10:30 am to 11:30 am with Colene
- June 4, 11, 18 & 25
- **In Person**
- 55 King Street West, Second Floor

Kitchener Bowling

- 1:00 pm to 2:30 pm with Rob
- June 4, 11, 18, 25
- **In Person**
- Victoria Bowl, 280 Victoria St S, Kitchener

NEW GROUP Kitchener Self Compassion

- 2:00 pm to 3:00 pm with Jasmina

- June 4, 11, 18, 25
- **In person**
- 55 King Street West, Second Floor

Fridays

Virtual Groups

Mental Health & Wellness Skills

- 1:00 pm to 2:00 pm with Colene
- June 5, 12, 19 & 26
- **Virtual**
- [Click Here for Mental Health & Wellness Skills](#)
- 1- (833) 819-8075 & Phone ID: 831 226 233#

The Friday Fun-Zone

- 2:30 pm-4 pm with Nicole
- June 5, 12, 19, 26
- **Virtual**
- [Click here for The Friday Fun-Zone](#)
- 1- (833) 819-8075 & Phone ID: 500 891 619#

In Person Groups

Guelph Qi Gong

- 9:30 am to 10:30 am with Lisa
- June 5, 12, 19, 26
- **In Person**
- 80 Waterloo Ave., SHPS Group room

Guelph Self Compassion

- 10:30 am to 11:45 am with Heather and Nancy
- June 5, 12, 19, 26
- **In-Person**

- 80 Waterloo Ave., SHPS Group room

NEW GROUP Kitchener Job Hunt Hub

- 10:30am to 12:00pm
- June 5, 12, 19 & 26
- **In-Person**
- 55 King St. West, Second Floor

Guelph Connect

- 1:30pm to 3:30pm with Nancy
- June 5, 12, 19, 26
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

NEW GROUP Cambridge A Better Me

- 2:00pm to 3:00pm with Richard
- June 5, 12, 19, 26
- **In-Person**
- 9 Wellington St, SHPS Group room.

Kitchener Colour Your Calm

- 3:00 pm – 4:30 pm with Katrina
- June 5, 12, 19, 26
- **In-Person**
- 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 skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063.

Thursdays

ON HOLD Virtual DBT Skills Peer Support Refresher

- Closed Group for attendees of DBT Skills Peer Support only. For questions, please email Nancy at nflewelling@cmhaww.ca.

Virtual DBT Skills Peer Support

- 3:00 pm to 4:30 pm with Dana & Lawrence
- June 4, 11, 18, 25
- Group will meet for approximately 18 months.
- Closed Group. No waitlist at this time.
- For questions, please email Nancy at nflewelling@cmhaww.ca

Fridays

Virtual DBT Skills Peer Support

- 3:00 pm to 4:30 pm with Lawrence
- June 5, 12, 19, 26
- 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

In-Person Kitchener Groups –

[Our New Permanent Location: 55 King St. West. Rooms 218/219](#)

Tree of Calm

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

Watercolour Pop-up Bouquet

- June 8 from 1:30 p.m. to 3:30 p.m.

Harmony on a Line

- June 15 from 1:30 p.m. to 3:30 p.m.

In Progress

- June 22 from 1:30 p.m. to 3:30 p.m.

NO WORKSHOP JUNE 29

Tuesday

Virtual

Monthly Illustrated Art Journaling

- June 2 from 1:30 p.m. to 3:30 pm

Develop Your Watercolour Style Monthly

- June 9 from 1:30 p.m. to 3:30 p.m.

Monthly Studying the Masters – AA Bronson

- June 16 from 1:30 p.m. to 3:30 p.m.

The Answers are Within You

- June 23 from 1:30 p.m. to 3:30 p.m.

NO WORKSHOP JUNE 30

Wednesday

Guelph – 80 Waterloo Ave

Tree of Calm

- June 3 from 1:30 p.m. to 3:30 pm

Watercolour Pop Up Bouquet

- June 10 from 1:30 p.m. to 3:30 pm

Harmony on a Line

- June 17 from 1:30 p.m. to 3:30 pm

Wrapped in Reflection

- June 24 from 1:30 p.m. to 3:30 p.m.

Thursday

Virtual

The Writing Life

- June 4 from 3:30 p.m. to 5:00 p.m.

Guelph – 80 Waterloo Ave

Rewritten – Closed Monthly Storytelling Group

- June 25 from 11 a.m. to 1 p.m.

Friday

Guelph – 80 Waterloo Ave

Fourth Friday ATC and Sketch Drop In

- June 26 from 11 a.m. to 1 p.m.

Spark of Brilliance Group Descriptions

Develop Your Watercolour Style - Monthly

Explore your unique artistic style through a series of quick, simple watercolour exercises designed for both beginners and intermediate artists. This playful workshop series

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.

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 Storytelling 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.

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 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 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

RETURNING GROUP Buried In Treasures

Learn to understand and cope differently with your desires to collect and save possessions. Decrease self-stigma around “hoarding”. 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 above, 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

Cambridge 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: Richard at rbelcher@cmhaww.ca

Cambridge Self-Compassion

- See Self-Compassion

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 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.

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: 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: 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 nflewellling@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 nflewellling@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

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.

RETURNING GROUP NOW ONGOING Keeping on Track – A Challenge to Change

This is a virtual drop-in group for participants wishing to work towards making a meaningful and lasting change in their life. Participants are encouraged to think about one change you'd like to work toward and bring it to the group. This might be a habit you want to build or one you're hoping to break; and no goal is too small here. Examples may include making your bed each day; brushing your teeth nightly; going to the gym every other day; reducing alcohol, substance, or tobacco use; cutting back on fast food; or any other personal goals you have in mind. Whatever change you're hoping to make, this is a supportive space to explore it together. Staff facilitator email Richard at rbelcher@cmhaww.ca

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: Jasmina at jzlatanovic@cmhaww.ca

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

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: 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 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 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 facilitator: Brenda at brichard@cmhaww.ca.

NEW Kitchener Self Compassion

See Self Compassion

Kitchener Walking Group

Join us at **55 King Street West, at CMHA reception on the 2nd floor**, 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: 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 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

- **NEW** Kitchener in-person staff facilitator email: Jasmina at jzlatanovic@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

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