Canadian Mental Health Association Waterloo Wellington | SELF HELP & PEER SUPPORT

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**Drop In Self Help & Peer Support Groups: no registration needed!**

**Listen to our podcast!**

**November 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 |
|---|---|---|---|---|
| **Buried In Treasures** 10:30am to 12:00pm with Brenda<br>• November 2, 9, 16, 23, 30<br>• Click here for Buried In Treasures<br>• 1-(833) 819-8075 & Phone ID: 835 493 114#<br><br>**Keeping On Track** 2:00pm to 3:00pm with Richard<br>• November 2, 9, 16, 23, 30<br>• Click here for Keeping On Track<br>• 1-(833) 819-8075 & Phone ID: 742 406 440#<br><br>**Supporting the Supporter** 5:30pm to 7:30pm with Nicole<br>• November 2, 9, 16, 23, 30<br>• Click here for Supporting the Supporter<br>• 1-(833) 819-8075 & Phone ID: 469 226 693# | **NOW BIWEEKLY and in the EVENING Chat N' Chill** 6:00pm to 7:00pm with Nicole<br>• November 3, 17<br>• Click here for Chat N' Chill<br>• 1- (833) 819-8075 & Phone ID: 647 813 425# | **Choices & Change** 10:30am to 11:30am with Richard<br>• November 4, 11, 18, 25<br>• Click here for Choices & Change<br>• 1-(833) 819-8075 & Phone ID: 717 849 340#<br><br>**Chronic Pain & Mental Health** 11:00am to 12:00pm with Katrina and Nancy<br>• November 4, 11, 18, 25<br>• NEW LINK Click here for Chronic Pain<br>• 1-(833) 819-8075 & Phone ID: 922 984 036 #<br>**Self Compassion** 1:00pm to 2:30pm with Jasmina<br>• November 4, 11, 18, 25<br>• Click here for Self Compassion<br>• 1-(833) 819-8075 & Phone ID: 429 884 579#<br><br>**Anxiety, Depression and Hope Peer Support** 1:30pm to 3:30pm with Lawrence<br>• November 4, 11, 18, 25<br>• Click here to join Wednesday ADH<br>• 1-(833) 819-8075 & Phone ID: 228 593 584#<br><br>**BPD Peer Support** 3:00pm to 4:30 pm with Brenda<br>• November 4, 11, 18, 25<br>• Click here for BPD Peer Support<br>• (833) 819-8075 & ID: 219 025 679#<br><br>**Coping with a Missing Person** 6:30pm to 8:00pm with Maureen<br>• BI-WEEKLY<br>• November 11, 25<br>• Email missingpersons@rogers.com to join. | **Self Esteem** 10:30am to 12:00pm with Brenda<br>• November 5, 12, 19, 26<br>• Click here for Self Esteem<br>• 1-(833) 819-8075 & Phone ID: 458 451 511#<br><br>**Experiencing Disability** 1:30pm to 2:30pm with Richard<br>• November 5, 12<br>• Click here for Experiencing Disability<br>• 1-(833) 819-8075 & Phone ID: 564 261 823#<br><br>**NEW GROUP Healthy Relationships**<br>• 2:00pm to 3:00pm with Brenda<br>• November 5, 12, 19, 26<br>• Click here for Healthy Relationships<br>• 1-(833) 819-8075 & Phone ID: 675 859 565#<br><br>**Neurodiversity Peer Support** 3:00pm to 4:00pm with Richard<br>• November 5, 12, 19, 26<br>• Click here for Neurodiversity Peer Support<br>• 1-(833) 819-8075 & Phone ID: 501 242 145# | **The Growth Blueprint** 10:30am to 12:00pm with Nicole<br>• November 6, 13, 20, 27<br>• Click here for The Growth Blueprint<br>• 1-(833) 819-8075 & Phone ID: 197 431 254#<br><br>**Mental Health & Wellness Skills** 1:00pm to 2:00pm with Colene<br>• November 6, 13, 20, 27<br>• Click Here for Mental Health & Wellness Skills<br>• 1-(833) 819-8075 & Phone ID: 831 226 233# |

***Information & Cancellation Line** - We list all planned cancellations on our calendar with the groups affected, so you can easily stay up to date. If we 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** and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

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# Drop In Self Help & Peer Support Groups no registration needed!

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## In Person By Site

### Cambridge
### 9 Wellington St

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Cambridge Anxiety, Depression & Hope Peer Support** 1:30pm to 2:30pm with Nancy<br>• November 2, 9, 16, 23, 30<br>**Cambridge Walking Group** 2:45pm to 3:45pm with Nancy<br>• November 2, 9, 16, 23, 30 | **Cambridge Connect** 1:30pm to 3:30pm with Nancy<br>• November 3, 10, 17, 24 | **NEW GROUP Cambridge Mental Health, Music and Meaning** 1:30pm to 2:30pm with Richard<br>• November 4, 11, 18, 25 | | |

### Guelph
### 80 Waterloo Ave.

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| | **Guelph Mental Health, Music & Meaning** 1:30pm to 2:30pm with Richard<br>• November 3, 10<br>**Returning Series: Guelph Intentional Living** 2:45pm to 3:45pm with Heather<br>• **September 22-November 17**<br>• November 3, 10, 17 | **Guelph Anxiety, Depression & Hope Peer Support** 3:30pm to 4:30pm with Nancy<br>• November 4, 11, 18, 25 | **Guelph Walking Group** 11:00am to 12:00pm with Nancy<br>• November 5, 12, 19, 26<br>• **MEET OUTSIDE PARKING LOT ENTRANCE BEHIND 80 WATERLOO AVE.**<br><br>**Guelph Crochet & Knit Club** 1:00pm to 2:30pm with Nancy<br>• November 5, 12, 19, 26 | **Guelph Qi Gong** 9:30am to 10:30am with Lisa<br>• November 6, 13, 20, 27<br>• 80 Waterloo Ave, Room G02/G04<br>**Guelph Self Compassion** 10:30am to 11:45am with Heather<br>• November 6, 13, 20, 27<br>• 80 Waterloo Ave, SHPS Group Room<br>**Guelph Connect** 1:30pm to 3:30pm with Nancy<br>• November 6, 13, 20, 27<br>• 80 Waterloo Ave, SHPS Group Room |

***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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# Drop In Self Help & Peer Support Groups no registration needed!

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**November 2026**

## In Person By Site continued

### Kitchener NEW LOCATION: 55 King St West, Second Floor

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Kitchener Fibre Arts Fun**<br>1:30pm to 3:30pm<br>• November 2, 9, 16, 23, 30 | **Kitchener Mindfulness** 10:30am to 11:30am with Jasmina<br>• November 3, 10, 17, 24<br>**Kitchener Games Group**<br>12:00pm to 2:00pm with Rob<br>• November 3, 10, 17, 24<br><br>**Kitchener Open Share** 2:30pm to 4:00pm with Brenda<br>• November 3, 10, 17, 24<br><br>**Kitchener Anxiety, Depression and Hope Peer Support** 2:30pm to 4:00pm with Jasmina<br>• November 3, 10, 17, 24 | **Kitchener Walking Group**<br>11:30am to 12:30pm with Rob<br>• November 4, 11, 18, 25<br>• **MEET IN RECEPTION, 2ND FLOOR at 55 King St West** | **Kitchener Mind Over Mood**<br>10:30am to 11:30am with Jasmina<br>• November 5, 12, 19, 26<br>**Kitchener Bowling Group**<br>1:00pm to 2:30pm with Rob<br>• November 5, 12, 19, 26<br>• Victoria Bowl, 280 Victoria St S, Kitchener<br><br>**Kitchener Self Compassion**<br>2:00pm to 3:00pm with Jasmina<br>• November 5, 12, 19, 26 | **Kitchener Job Hunt Hub**<br>10:30am to 12:00pm with Colene<br>• November 6, 13, 20, 27<br>**Kitchener Colour Your Calm**<br>3:00pm to 4:30pm with Katrina<br>• November 6, 13, 20, 27 |

***Information & Cancellation Line** - We list all planned cancellations on our calendar with the groups affected, so you can stay up to date. If we 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** and our Information and Cancellation Line: **1-844-CMHA-WW3 (1-844-264-2993) Ext. 4004.**

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# Enrolled Recovery Learning Groups (In Person or Virtual using Microsoft Teams)

**Listen to our podcast!**

**November 2026**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **Virtual (using Microsoft Teams) and In Person** | | | | |
| | **Virtual Riding the Wave of Emotions** 6:30pm to 8:00pm with Katrina<br>• November 3, 10, 17, 24<br>• 18-week group began August 18, and ends December 15/26<br>• **registration is closed**<br>• For questions email Jane at jbrown@cmhaww.ca | **Virtual Peers for Safer Living**<br>• 10-week group for those who have completed the 20-week group.<br>• To join the next session email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 ext. 4063.<br><br>**Kitchener Riding the Wave of Emotions** 3:00pm to 4:30pm with Katrina<br>• November 4, 11, 18, 25<br>• 18-week group began August 19, and ends December 16/26 **registration is closed**<br>• **In-Person**<br>• 55 King Street West, Second Floor<br>• For questions email Brenda at brichard@cmhaww.ca | **Virtual DBT Skills Peer Support Refresher** 1:00pm to 2:30pm with Lawrence and Dana<br>• November 5, 19<br>• **Closed Group for attendees of DBT Skills Peer Support only**<br>• For questions, email Nancy at nflewelling@cmhaww.ca<br><br>**RETURNING GROUP**<br>**Virtual DBT Skills Peer Support** 3:00pm to 4:45pm with Lawrence and Nancy<br>• November 5, 12, 19, 26<br>• Series begins October 15 and lasts approximately 14 months<br>• **Registration Open but closing soon for limited spots**<br>• **questions and to register: contact Nancy at nflewelling@cmhaww.ca** | |

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** - Click on the "Click here.." link; **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.**

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# Enrolled Spark of Brilliance Groups

**Listen to our podcast!**

**November 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** | **Virtual** |
| **Teacup Tales – Whimsical Needlefelting with Margaret**<br>• November 2 & 9 from 1:30pm to 3:30pm<br><br>**In Progress**<br>• November 16 from 1:30pm to 3:30pm<br><br>**Same but Different**<br>• November 23 & 30 from 1:30pm to 3:30pm | **100 Watercolour Challenge**<br>• **Weekly:** September 15 to November 17 from 1:30pm to 3:30pm<br><br>**The Answers are Within You**<br>• November 24 from 1:30pm to 3:30pm | **Negative Space Watercolour**<br>• November 4 from 1:30pm to 3:30pm<br><br>**Mixed Media Magnet Art**<br>• November 11 from 1:30pm to 3:30pm<br><br>**In Progress**<br>• November 18 from 1:30pm to 3:30pm<br><br>**Same but Different**<br>• November 25 and December 2 from 1:30pm to 3:30pm | **Virtual: The Writing Life with Mary Katherine Carr**<br>• November 5 from 3:30pm to 5:00pm<br><br>**In-person: Guelph Fourth Thursday ATC and Sketch Drop In**<br>• November 26 from 11:00am to 1:00pm | **No Friday workshops** |

**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.

November 2026

# Enrolled Spark of Brilliance Groups Program Descriptions

**100 Watercolour Challenge Continues -** Back by popular demand! Join us for the 100 Watercolour Challenge—a creative journey of 10 paintings per week for 10 weeks – September 15 through November 17. Registered participants will receive more information upon signing up.

**Guelph Fourth Thursday ATC and Sketch Drop In -** Join us on the fourth Thursday of each month (formally fourth Friday) 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** - Have a project that's been waiting for your attention? In Progress is a relaxed, supportive studio-style workshop designed for participants to continue working on art projects started in previous workshops or to bring a creative project from home. Whether you're painting, drawing, crafting, or experimenting with mixed media, this dedicated creative time offers an opportunity to focus, make progress, and connect with others in a welcoming environment. There are no formal lessons or expectations, just space, encouragement, and time to enjoy the creative process at your own pace.

**Mixed Media Magnet Art** - Turn everyday recyclables into colourful miniature works of art! In this creative mixed media workshop, participants will transform recycled lids into unique decorative magnets using paint, collage materials, textures, and vibrant pops of colour. Explore self-expression, sustainability, and creativity while giving discarded items a new purpose.

**Negative Space Watercolour** - Discover the calming art of negative space watercolour in this beginner-friendly workshop. Using simple shapes, repeating patterns, and layers of colour, participants will create a vibrant watercolor design while learning how to paint around objects rather than painting the objects themselves. This gentle, meditative process encourages mindfulness, creativity, and experimentation without the pressure of drawing or detailed painting skills.

**Same but Different -** What happens when everyone starts with the same materials? In Same but Different, each participant will receive the same copy of UPPERCASE Magazine, generously donated to Spark of Brilliance by the magazine! Using the same collection of images, words, colours, and inspiration, we'll each create a collage or mixed media piece that reflects our unique perspective and creativity. This playful workshop highlights how differently we see, interpret, and express ourselves, even when working from the same starting point. There are no right or wrong outcomes, just an opportunity to explore, create, and celebrate what makes each of us unique.

**Tea Cup Tales: Whimsical Needle Felting with Margaret -** Join us for a charming needle felting workshop where imagination takes center stage. Participants will create a whimsical miniature scene nestled inside a teacup or tea canister using colourful wool and simple needle felting techniques. Whether you envision a tiny garden, a cozy woodland nook, a fanciful creature, or something entirely your own, this workshop offers a fun and creative way to bring a small world to life. If you have a special container you'd like to transform, feel free to bring it along in place of a teacup or tea canister.

**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 with Mary Katherine Carr** - Led by writer and editor Mary Katherine Carr, this workshop explores creative intuition and writing as a tool for healing, self-expression, and positive change. Through fiction, creative non-fiction, poetry, and letter writing, participants will experiment with different forms of creative writing inspired by voices from around the world. In a supportive and welcoming environment, participants will have the opportunity to share their work, offer encouragement, and explore writing as both a self-care practice and a powerful way to connect with others and create change.

# Self Help & Peer Support Program Descriptions

**November 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 Jasmina at jzlatanovic@cmhaww.ca
- Wednesday virtual – staff contact email Nancy at nflewelling@cmhaww.ca
- Guelph In person Wednesday – staff facilitator email Nancy at nflewelling@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.

**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

**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

**NEW GROUP Cambridge Mental Health, Music, and Meaning** - Share experiences of your connection with music —how it has shaped your, helped connect you with others and helped you to cope with challenges. Share stories about significant music related experiences including playing, writing and listening. The last group each month, bring music you're excited about to share with the group. Staff facilitator email Richard at rbelcher@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

**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

**Returning Group 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 14 months is required for each series. Staff facilitator email Nancy at nflewelling@cmhaww.ca .

**DBT Skills Refresher Peer Support -** This is a twice-monthly opportunity to refresh your DBT skills. Having attended a full series of DBT Skills Peer Support with Self Help & Peer Support is required. Staff contact email Nancy at nflewelling@cmhaww.ca.

# Self Help & Peer Support Program Descriptions (continued)

**November 2026**

**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 Growth Blueprint -** A group dedicated to learning, personal growth, and developing valuable life skills. Through shared knowledge and meaningful discussions, members will explore many different topics with the hope of building stronger minds, expanding our perspectives, and creating a blueprint for lifelong growth. Staff facilitator: Nicole at nfrost@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 Intentional Living: An 8-week series -** The Art of Intentional Living is a peer support group designed to help us slow down, reconnect with what matters, and make choices that reflect our values. Together, we will talk about what it means to make deliberate choices. Through conversation and shared experiences, we'll explore ways to: stay connected to what is most important to us; maintain a helpful and grounded mindset; and be more present, aware, and engaged in our day-to-day lives. This group isn't about achieving perfection. It's about learning, encouraging each other, and discovering practical ways to bring more intention and purpose into our lives. Share, listen, and leave feeling more grounded and empowered on your journey toward intentional living. Staff contact: Richard at rbelcher@cmha

**Guelph Mental Health, Music, and Meaning -** Share experiences of your connection with music —how it has shaped your, helped connect you with others and helped you to cope with challenges. Share stories about significant music related experiences including playing, writing and listening. The last group each month, bring music you're excited about to share with the group. Staff facilitator email Richard at rbelcher@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

**Guelph 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 80 Waterloo Ave, parking lot entrance at the rear of the building in Guelph. Staff facilitator email Nancy at nflewelling@cmhaww.ca

**NEW VIRTUAL GROUP Healthy Relationships** - Come and engage in group discussions on how to develop and maintain healthy and meaningful relationships. Staff facilitator email: Brenda at brichard@cmhaww.ca

**Keeping on Track** – 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

# Self Help & Peer Support Program Descriptions (continued)

**November 2026**

**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 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 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.

**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 Riding the Wave of Emotions (closed group)** - Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Please join us in learning how to identify, understand and release your emotions. Questions? Please contact Brenda at brichard@cmhaww.ca

**Kitchener Self Compassion**

- **See Self Compassion**

**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.

# Self Help & Peer Support Program Descriptions (continued)

**November 2026**

**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

**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. Staff facilitator Richard at rbelcher@cmhaww.ca

**Peers for Safer Living** - If you have previously attended the Skills for Safer Living group you are invited to join this 10-session refresher and peer support group where we will continue to practice our skills and strategies to make safer choices and deepen our understandings of suicide related thoughts and behaviors. Meets virtually. *Must have attended a SFSL group previously. Email skillsforsaferlivingteam@cmhaww.ca or call 1-844-264-2993 x 4063 to join or for more information.

**Riding the Wave of Emotions (Virtual closed group)** - Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Please join us in learning how to identify, understand and release your emotions. Questions: Please contact Jane at jbrown@cmhaww.ca

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

- Guelph in-person staff facilitator email: Nancy at nflewelling@cmhaww.ca
- Kitchener in-person staff facilitator email: Jasmina at jzlatanovic@cmhaww.ca
- Virtual Staff facilitator email: Jasmina at jzlatanovic@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.