Self Help and Peer Support Larger Font Screen Reader Accessible Group Calendar – October 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 NO GROUPS MONDAY OCTOBER 12

Virtual Groups

Buried in Treasures

- 10:30 am to 12:00 pm with Brenda
- **No group October 12**
- October 5, 19, 26
- **Virtual**
- Click here for Buried In Treasures
- 1-(833) 819-8075 & Phone ID: 835 493 114#

Keeping on Track

- 2:00 pm to 3:00 pm with Richard
- **No group October 12**
- October 5, 19, 26
- **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
- **No group October 12**
- October 5, 19, 26
- **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

- 1:30 pm to 2:30 pm with Nancy
- **No group October 12 and 26**
- October 5, 19
- **In-person**
- 9 Wellington St, SHPS Group room

Cambridge Walking Group

- 2:45 pm to 3:45 pm with Nancy
- **No group October 12 and 26**
- October 5, 19
- **In-person**
- 9 Wellington St, Cambridge

NEW GROUP Kitchener Back to the Basics Series: Social Determinants of Health

- 1:00 pm to 2:00 pm with Nicole
- **No Group Oct 12**
- October 5, 19, 26
- In-Person: 55 King St. W.

Kitchener Fibre Arts Fun

- 1:30 pm to 3:30 pm with Jen
- **No group October 12**
- October 5, 19, 26
- **In-person**
- 55 King St West Second Floor

Tuesdays

Virtual Groups

Chat N' Chill

- 6:00 pm to 7:00 pm with Nicole
- October 6, 20
- **Virtual**
- **Bi-Weekly**
- Click here for Chat N' Chill
- 1-(833) 819-8075 Phone conference ID: 647 813 425#

In Person Groups

Kitchener Mindfulness

- 10:30 am to 11:30 am with Jasmina
- October 6, 13, 20, 27
- **In person**
- 55 King St West Second Floor

Kitchener Games

- 12:00 pm to 2:00 pm with Rob and Jen
- October 6, 13, 20, 27
- **In person**
- 55 King St West Second Floor

Cambridge Connect

- 1:30 pm to 3:30 pm with Nancy
- **No group October 27**
- October 6, 13, 20
- **In person**
- 9 Wellington St, SHPS Group room

Guelph Mental Health, Music & Meaning

- 1:30 pm to 2:30 pm with Richard
- October 6, 13, 20, 27
- In person
- 80 Waterloo Ave., SHPS Group room

Returning Series: Guelph Intentional Living

- 2:45 pm to 3:45 pm with Heather
- September 22 – November 10, 2026
- October 6, 13, 20, 27
- In person
- 80 Waterloo Ave., SHPS Group room

Kitchener Anxiety, Depression and Hope Peer Support

- 2:30 pm to 4:00 pm with Katrina
- October 6, 13, 20, 27
- **In Person**
- 55 King St West Second Floor

Kitchener Open Share

- 2:30 pm to 4:00 pm with Brenda
- October 6, 13, 20, 27
- **In person**
- 55 King St West Second Floor

Wednesdays

Virtual Groups

Choices & Change

- 10:30 am to 11:30 am with Richard
- October 7, 14, 21, 28
- **Virtual**
- Click here for Choices & Change
- 1-(833) 819-8075 & Phone ID: 717 849 340#

Chronic Pain and Mental Health

- 11:00 am to 12:00 pm with Katrina and Nancy
- **No group October 28**
- October 7, 14, 21
- **Virtual**
- **NEW LINK** Click here for Chronic Pain
- 1-(833) 819-8075 & Phone ID: 922 984 036 #

Self-Compassion

- 1:00 pm to 2:30 pm with Jasmina
- October 7, 14, 21, 28
- **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
- **No group October 28**
- October 7, 14, 21
- **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

- October 7, 14, 21, 28
- **Virtual**
- Click here for BPD Peer Support
- 1-(833) 819-8075 & Phone ID: 219 025 679#

Coping with a Missing Person

- 6:30 pm to 8 pm with Maureen
- Biweekly
- October 14, 28
- **Virtual**
- Email missingpersons@rogers.com to join.

In Person Groups

Kitchener Walking Group

- 11:30 am to 12:30 pm with Rob
- October 7, 14, 21, 28
- **In Person**
- 55 King Street West (meet at CMHA reception on the 2nd floor)

NEW GROUP Cambridge Mental Health, Music & Meaning

- 1:30 pm to 2:30 pm with Richard
- October 7, 14, 21, 28
- **In Person**
- 9 Wellington St, SHPS Group room

Guelph Anxiety, Depression & Hope Peer Support

- 3:30 pm to 4:30 pm with Nancy
- **No group October 28**
- October 7, 14, 21
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Thursdays

Virtual Groups

Self-Esteem

- 10:30 am to 12:00 pm with Brenda
- October 1, 8, 15, 22, 29
- **Virtual**
- Click here for Self Esteem
- 1-(833) 819-8075 & Phone ID: 458 451 511#

Experiencing Disability

- 1:30 pm to 2:30 pm with Richard
- October 1, 8, 15, 22, 29
- **Virtual**
- Click here for Experiencing Disability
- 1-(833) 819-8075 & Phone ID: 564 261 823#

NEW GROUP Healthy Relationships

- 2:00 pm to 3:00 pm with Brenda
- October 1, 8, 15, 22, 29
- **Virtual**
- Click here for Healthy Relationships
- 1-(833) 819-8075 & Phone ID: 675 859 565#

Neurodiversity Peer Support

- 3:00 pm to 4:00 pm with Richard
- October 1, 8, 15, 22, 29
- **Virtual**
- Click here for Neurodiversity Peer Support
- 1-(833) 819-8075 & Phone ID: 501 242 145#

ON HOLD Bipolar Disorder Peer Support Group

In Person Groups

Guelph Walking Group

- 11 am to 12 pm with Nancy
- **No group October 29**
- October 1, 8, 15, 22
- **In Person**
- 80 Waterloo Avenue, ***meet outside at parking lot entrance behind building***

NEW TIME Guelph Crochet & Knit Club

- **NEW TIME** 1:00 pm to 2:30 pm with Nancy
- **No group October 29**
- October 1, 8, 15, 22
- **In Person**
- 80 Waterloo Avenue, SHPS Group room

Kitchener Mind Over Mood

- 10:30 am to 11:30 am with Jasmina
- October 1, 8, 15, 22, 29
- **In Person**
- 55 King Street West, Second Floor

Kitchener Bowling

- 1:00 pm to 2:30 pm with Rob
- October 1, 8, 15, 22, 29
- **In Person**
- Victoria Bowl, 280 Victoria St S, Kitchener

Kitchener Self Compassion

- 2:00 pm to 3:00 pm with Jasmina
- October 1, 8, 15, 22, 29
- **In person**
- 55 King Street West, Second Floor

Fridays

Virtual Groups

The Growth Blueprint

- 10:30 am to 12:00 pm with Nicole
- **No group October 16**
- October 2, 9, 23, 30
- **Virtual**
- Click here for The Growth Blueprint
- 1- (833) 819-8075 & Phone ID: 197 431 254#

Mental Health & Wellness Skills

- 1:00 pm to 2:00 pm with Colene
- October 2, 9, 16, 23, 30
- **Virtual**
- Click Here for Mental Health & Wellness Skills
- 1- (833) 819-8075 & Phone ID: 831 226 233#

In Person Groups

Guelph Qi Gong

- 9:30 am to 10:30 am with Lisa
- **No group October 30**
- October 2, 9, 16, 23
- **In Person**
- 80 Waterloo Ave., Room G02/G04

Guelph Self Compassion

- 10:30 am to 11:45 am with Heather and Nancy
- **No group October 30**
- October 2, 9, 16, 23
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

Kitchener Job Hunt Hub

- 10:30 am to 12:00 pm with Colene
- **No group October 16**
- October 2, 9, 23, 30
- **In-Person**
- 55 King St. West, Second Floor

Guelph Connect

- 1:30 pm to 3:30 pm with Nancy
- **No group October 2 and 30**
- October 9, 16, 23
- **In-Person**
- 80 Waterloo Ave., SHPS Group room

Cambridge A Better Me

- 2:00 pm to 3:00 pm with Richard
- **No group October 16**
- October 2, 9, 23, 30
- **In-Person**
- 9 Wellington St, SHPS Group room

Kitchener Colour Your Calm

- 3:00 pm to 4:30 pm with Katrina
- October 2, 9, 16, 23, 30
- **In-Person**
- 55 King Street West, Second Floor

Enrolled Recovery Learning Groups Schedule

Mondays

No enrolled groups on Mondays

Tuesdays

Virtual Riding the Wave of Emotions

- 6:30 pm to 8:00 pm with Katrina
- October 6, 13, 20, 27
- **18-week group began August 18, and ends December 15/26; registration is closed**
- **Virtual**
- For questions email Jane at jbrown@cmhaww.ca

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.

Kitchener In-Person Riding the Wave of Emotions

- 3:00 pm to 4:30 pm with Katrina
- October 7, 14, 21, 28
- **18-week group began August 19, and ends December 16/26; registration is closed.**
- **In-Person**, Kitchener - 55 King Street West, Second Floor
- For questions email Brenda at brichard@cmhaww.ca

Thursdays

Virtual DBT Skills Peer Support Refresher

- 1:00 pm to 2:30 pm with Lawrence and Dana
- October 1, 15
- Closed Group for attendees of DBT Skills Peer Support only. For questions, please email Nancy at nflewelling@cmhaww.ca.

RETURNING GROUP Virtual DBT Skills Peer Support

- **Registration Now Open**
- **Next Series begins Thursday October 15**
- 3:00pm to 4:45pm with Lawrence and Nancy
- October 15, 22, 29
- Group will meet weekly for approximately 14 months.
- Spots are limited.
- For questions or to register please contact 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 –
55 King St. West. Rooms 218/219

Leaf Printing

- October 5 from 1:30 pm to 3:30 pm

No workshop on October 12

Kimekomi Fabric Art

- October 19 & 26 from 1:30 pm to 3:30 pm

Tuesday

Virtual

100 Watercolour Challenge

- September 15 – November 17 from 1:30 pm to 3:30 pm

Wednesday

Guelph – 80 Waterloo Ave

Imaginary Landscapes

- October 7 from 1:30 pm to 3:30 pm

A Delicate Calm

- October 14 from 1:30 pm to 3:30 pm

Kimekomi Fabric Art

- October 21 & 28 from 1:30 pm to 3:30 pm

Thursday

Virtual

The Answers are Within You

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

Guelph – 80 Waterloo Ave

Fourth Thursday ATC and Sketch Drop In

- October 22 from 11:00 am to 1:00 pm

Friday

No workshops

The Writing Life returns in November

Spark of Brilliance Group 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.

A Delicate Calm

Explore loose, expressive watercolour techniques inspired by the elegant, flowing style of Charles Rennie Mackintosh. In this gentle, creativity-focused workshop, you'll create playful botanical sketches that emphasize fluidity, soft colour, and intuitive mark-making; inviting a sense of relaxation, experimentation, and calm. Participants are encouraged to come with a flower in mind or a photo for reference.

Guelph Fourth Thursday ATC and Sketch Drop In

Join us on the fourth Thursday of each month (Previously 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

Imaginary Landscapes

Create a peaceful, atmospheric landscape using acrylic paint, inspired by the luminous colour and patterned brushwork of Henri-Edmond Cross. In this workshop, you'll explore

how small, intentional marks and layered colour can build a sense of depth, light, and tranquility. Through pointillist-inspired techniques, you'll learn to work with colour relationships, repetition, and texture, using dots and dabs to gradually bring your landscape to life.

Kimekomi Fabric Art

Discover the relaxing and creative art of **Kimekomi**, a decorative Japanese-inspired technique that uses fabric to create beautiful textured designs. In this workshop, participants will create a unique artwork on a flat panel by carefully tucking colorful fabrics into pre-drawn patterns, bringing their design to life without any sewing required.

Leaf Printing

Discover the beauty hidden in nature's patterns through the art of leaf printing! In this hands-on workshop, participants will explore colour, texture, and design by using real leaves as natural printing tools. Leaves will be painted with acrylic paints and pressed onto paper to create unique prints, revealing the intricate veins, shapes, and details that make each leaf one of a kind.

The Answers are Within You

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

Self Help & Peer Support 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

ON HOLD Bipolar Disorder Peer Support

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 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. Staff facilitator email: Richard at rbelcher@cmhaww.ca

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

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 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. Staff facilitator email: Richard at rbelcher@cmhaww.ca

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. Questions and to register: Staff contact: 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: Nancy at nflewelling@cmhaww.ca.

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 group. Staff facilitator: Nicole 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@cmhaww.ca

NEW GROUP 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 email: Nancy at nflewelling@cmhaww.ca

Guelph Self-Compassion

- See Self-Compassion

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 Avenue, Guelph, at the rear parking lot entrance. Staff facilitator email Nancy at nflewelling@cmhaww.ca

NEW 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

Kitchener Anxiety, Depression & Hope Peer Support

- See Anxiety, Depression & Hope Peer Support.

Kitchener Back to the Basics Series: Social Determinants of Health

Our health and well-being are shaped by more than just what happens within us. This month, we will explore the everyday factors that can impact our mental, emotional, and physical well-being—including housing, income, employment, relationships, access to services, food, safety, and our sense of belonging. Together, we'll look at how our environments and life experiences may influence our wellness, while exploring practical ways to identify our needs, build on our strengths, and connect with supports and resources. Staff facilitator email: Nicole at nfrost@cmhaww.ca

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 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: Brenda at brichard@cmhaww.ca

Kitchener Games

Enjoy social time playing games with others. Staff contact: 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 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: Jasmina at jzlatanovic@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

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

Kitchener Riding the Wave of Emotions

Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Learn how to identify, understand and release your emotions. Registration now closed for current series. Questions? Please contact Brenda at brichard@cmhaww.ca

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

MH&WS 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 chosen by the group members. 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 email: 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

Do you struggle with your emotions? Do you know what it means to be emotionally healthy? Learn how to identify, understand and release your emotions. Registration now closed for current series. Questions? Please contact Jane at jbrown@cmhaww.ca

Self-Compassion

This workbook-based group uses *The Mindful Self-Compassion Workbook* by Kristin Neff and Christopher Germer to explore practical ways to be kinder and more supportive toward

ourselves. Each session offers opportunities for guided activities, reflection, and group discussion to help build skills in mindfulness, emotional resilience, and compassionate self-talk. Participants will learn how to: reduce self-criticism; respond to difficult emotions with care; develop healthier coping strategies; and cultivate a more balanced, understanding inner voice. A digital copy of the workbook is provided by email so participants can follow along and practice between sessions.

- 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