

RSVP March 2025

MONDAY	WEDNESDAY	FRIDAY
<p>3</p> <p>Song and Poem 9:30 – 10:30AM</p> <p>Let’s Talk About Life 10:45 – 11:45AM</p> <p>Women’s Group 12:00 – 1:00pm</p>	<p>5</p> <p>Drop-in Social 9:30-10:30</p> <p>Anxiety Workshop Pt1 10:45-11:45</p> <p>Food and Friends 12:00-1:00</p> <p>Healthy Boundaries 1:15-2:15</p> <p><i>Good Food Box Orders Due</i></p>	<p>7</p> <p>Art Group 9:30 – 10:30AM</p> <p>NO Bake treat Making 10:45 – 11:45AM</p> <p>Show and Tell 12:00 – 1:00PM</p> <p>Games and Social 1:15 – 2:15PM</p>
<p>10</p> <p>Song and Poem 9:30 – 10:30AM</p> <p>Let’s Talk About Life 10:45 – 11:45AM</p> <p>Peers Supporting Peers Social Skills Group 12:00 – 1:00PM</p>	<p>12</p> <p>Drop in Social 9:30 – 10:30AM</p> <p>St. Patty’s Trivia 10:45 – 11:45PM</p> <p>Food and Friends Birthday Celebration with Cupcakes 12:00 – 1:00PM</p> <p>Men’s Group 1:15 – 2:15PM</p> <p><i>Good Food Box Delivery</i></p>	<p>14</p> <p>Art Group No CP 9:30 – 10:30AM</p> <p>Try Your Luck Party! 10:45 – 11:45AM</p> <p>Pizza! 12:00 – 1:00PM</p> <p>Social! 1:15 – 2:15PM</p> <div data-bbox="1052 688 1149 823" style="border: 1px solid black; padding: 5px; width: fit-content;"> <p>\$2 Per Slice</p> </div>
<p>17</p> <p>Safety Squad Harm Reduction Kits <u>Sign-Up Required</u> 9:30 – 11:45AM</p> <p>Stomping Stigma Anti-Oppression Education 12:00 – 1:00PM</p>	<p>19</p> <p>Drop in Social 9:30 – 10:30AM</p> <p>Tea Tasting sign up required 10:45 – 11:45PM</p> <p>Food and Friends 12:00 – 1:00PM</p> <p>Anxiety Workshop pt2 1:15 – 2:15PM</p>	<p>21</p> <p>Art Group 9:30 – 10:30AM</p> <p>It’s All About Me Scrapbooking 10:45 – 11:45AM</p> <p>Self Esteems & Self Worth Workshop 12:00 – 1:00PM</p> <p>Games + Social 1:15 – 2:15PM</p>
<p>24</p> <p>Song and Poem 9:30 – 10:30AM</p> <p>Let’s Talk About Life 10:45 – 11:45AM</p> <p>Button Making 12:00 – 1:00PM</p>	<p>26</p> <p>Drop in Social 9:30 – 10:30AM</p> <p>Anxiety Workshop pt3 10:45 – 11:45PM</p> <p>Food and Friends 12:00 – 1:00PM</p> <p>Yearbook Club 1:15 – 2:15PM</p>	<p>28</p> <p>Art Group 9:30 – 10:30AM</p> <p>What’s in Your Fridge Soup Building Recipes 10:45 – 11:45AM</p> <p>Build Your Own Dry Soup Mix 12:00 – 1:00PM</p> <p>Games + Social 1:15 – 2:15PM</p>
<p>1April</p> <p>Song and Poem 9:30 – 10:30AM</p> <p>Let’s Talk About Life 10:45 – 11:45AM</p> <p>Optical Illusion Art 12:00 – 1:00PM</p>		

LOCATION: 134 Anne St South

PROGRAM INFO + UPDATES

- RSVP Remains a peanut and nut free zone if you are bringing a lunch or snacks.
- Feel free to bring lunch if planning to stay for the entire day, staff can direct you to the eating area in the RSVP space!
- Please see our group description page for more information so you can decide which groups fit you best!

134 Anne St. South

- Doors open 10 minutes prior to the first group of the day beginning. Entry is via the main entrance only. Ring the bell only if you do not see vocational staff present working at the desk and doors are locked, otherwise please knock.
- Please contact staff ahead of time if you have any questions or concerns regarding accessibility

PEER SUPPORT SERVICES

You may or may not already be familiar with some of the Peer Support Services at CMHA. Please see below the groups currently facilitated virtually from a place of lived experience and inclusivity. If you are interested in attending any of the following groups, please send a direct email to peersupport@cmhastartalking.ca to request the Zoom link,

With the belief that human connection can serve as one of the most powerful tools in recovery and healing, this support service embodies a mutual understanding of expectations, self-empowerment, self-awareness and accountability. Grounded in self-determination, hope for the future, and a holistic approach to wellness, Peer Support is free from judgement, as together we will navigate your individual journey of healing. Peer support is not about focusing on the illness or disability but instead works with your ability to make conscious choices about how you choose to better your whole health and mental wellness.

Peer Support Services at CMHA can also be offered individually outside of a group setting. If you or someone you know is struggling with mental health recovery and or addiction challenges, please connect with us directly at peersupport@cmhastartalking.ca or call **705-790-5792** for more information.

VIRTUAL GROUPS

Wednesdays 5-6pm & Thursdays 2-3pm: Well-Being Support Group with Shauna

Peer Support facilitated group to provide community support, mutuality and connectedness in the following areas:

- Mental health and well-being.
- Addiction and substance abuse.
- Crisis planning/prevention/intervention strategies.
- Regaining control through community support and inspirational relationships.
- Rebuilding self-esteem, identity and empowerment.