

LOCATION: 134 Anne St South

## RSVP APRIL 2025

MONDAY		WEDNESDAY		FRIDAY	
		2 Drop in Social 9:30 – 10:30AM  Anxiety Workshop Series 10:45 – 11:45PM  Food and Friends 12:00 – 1:00PM  We Want to Hear from You 1:15 – 2:15PM Good Food Box Orders Due NEW MEMBER DAY	4  Art Group Friendship Bracelets 9:30 – 10:30AM  Ways to Improve our Wellness Workshop 10:45 – 11:45AM  Wellness Scrapbooking Activity 12:00 – 1:00PM  Games and Social 1:15 – 2:15PM		
7  Song and Poem 9:30 – 10:30AM  Let’s Talk About Life 10:45 – 11:45AM  Peers Supporting Peers Social Skills Group 12:00 – 1:00PM	9  Drop in Social 9:30 – 10:30AM  Anxiety Workshop Series 10:45 – 11:45PM  Food and Friends Birthday Celebration with Cupcakes 12:00 – 1:00PM  Men’s Group 1:15 – 2:15PM Good Food Box Delivery	11  Art Group 9:30 – 10:30AM  Spring Fling Party 10:45 – 11:45AM  Spring Fling Lunch \$10/ person 12:00 – 1:00PM  Games and Social 1:15 – 2:15PM  NEW MEMBER DAY			
14  Song and Poem 9:30 – 10:30AM  Let’s Talk About Life 10:45 – 11:45AM  Women’s Group 12:00 – 1:00PM	16  Drop in Social 9:30 – 10:30AM  Anxiety Workshop Series 10:45 – 11:45PM  Food and Friends 12:00 – 1:00PM  Spring Trivia 1:15 – 2:15PM NEW MEMBER DAY	18  CLOSED			
21  CLOSED          SEE BELOW FOR NEXT WEEK	2  Drop in Social 9:30 – 10:30AM  Anxiety Workshop Series 10:45 – 11:45PM  Food and Friends 12:00 – 1:00PM  Wellness Group 1:15 – 2:15PM	25  Art Group 9:30 – 10:30AM  Dry Spice Recipes 10:45 – 11:45AM  Create my Dry Spice Jar 12:00 – 1:00PM  Games + Social 1:15 – 2:15PM NEW MEMBER DAY			

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<b>28</b>  <b>Safety Squad</b> <b>Harm Reduction Kits</b> <u>Sign-Up Required</u> 9:30 – 11:45AM  <b>Stomping Stigma</b> Anti-Oppression Education 12:00 – 1:00PM	<b>30</b>  <b>Drop in Social</b> 9:30 – 10:30AM  <b>Anxiety Workshop Series</b> 10:45 – 11:45PM  <b>Food and Friends</b> 12:00 – 1:00PM  <b>Yearbook Club</b> 1:15 – 2:15PM <u>NEW MEMBER DAY</u>	
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### 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!
- New members or individuals interested in RSVP are encouraged to speak with staff prior to attending and to attend on ‘new member’ days for the best possible initial experience with groups!

#### **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

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@cmhastarttalking.ca](mailto:peersupport@cmhastarttalking.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.