


LOCATION: 134 Anne St South

RSVP MAY 2025

MONDAY	WEDNESDAY	FRIDAY
		<sup>2</sup> <b>VENDOR MARKET</b> <i>Open to PUBLIC!</i> <i>Bring family &amp; Friends</i> 10:00AM – 2:00PM 
<sup>5</sup> <b>Song and Poem</b> 9:30 – 10:30AM  <b>Let's Talk About Life</b> 10:45 – 11:45AM  <b>Peers Supporting Peers</b> Social Skills Group 12:00 – 1:00PM  <div><b>SOUP DAY!</b> \$3 Per Soup Serving</div>	<sup>7</sup> <b>Drop in Social</b> 9:30 – 10:30AM  <b>Anxiety Workshop Series</b> 10:45 – 11:45PM  <b>Food and Friends</b> Birthday Celebration with Cupcakes 12:00 – 1:00PM  <b>Men's Group</b> 1:15 – 2:15PM <i>Good Food Box Orders Due</i>	<sup>9</sup> <b>Art Group</b> 9:30 – 10:30AM  <b>What's In Your Fridge?</b> 10:45 – 11:45AM  <b>Recipe Building</b> 12:00 – 1:00PM  <b>Games and Social</b> 1:15 – 2:15PM  <i>NEW MEMBER DAY</i>
<sup>12</sup> <b>Song and Poem</b> 9:30 – 10:30AM  <b>Let's Talk About Life</b> 10:45 – 11:45AM  <b>Women's Group</b> 12:00 – 1:00PM	<sup>14</sup> <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>Trivia!</b> 1:15 – 2:15PM <i>Good Food Box Delivery Day</i>	<sup>16</sup> <b>Art Group</b> 9:30 – 10:30AM  <b>Create Your Coping Cards!</b> 10:45 – 11:45AM  <b>Garden Meditation</b> 12:00 – 1:00PM  <b>Games and Social</b> 1:15 – 2:15PM
<sup>19</sup> <b>CLOSED</b>          <b><u>SEE BELOW FOR NEXT WEEK</u></b>	<sup>21</sup> <b>Drop in Social</b> 9:30 – 10:30AM  <b>Remembering Our Friends</b> 10:45-11:45  <b>Food and Friends</b> 12:00 – 1:00PM  <b>Wellness Group</b> 1:15 – 2:15PM	<sup>23</sup> <b>Art Group</b> 9:30 – 10:30AM  <b>Media and Mental Health Workshop</b> 10:45 – 11:45AM  <b>Billiards Group</b> *Learn to Play 12:00 – 1:00PM  <b>Games + Social</b> 1:15 – 2:15PM

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<b>26</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>28</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>Self-Esteem Workshop</b> 1:15 – 2:15PM <b>NEW MEMBER DAY</b>	<b>30</b>  <b>Art Group</b> 9:30 – 10:30AM  <b>Navigating AI Tools</b> 🗣️ 10:45 – 11:45AM  <b>Gardening Group</b> 12:00 – 1:00PM  <b>Games + Social</b> 1:15 – 2:15PM
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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.