

RSVP CALENDAR OF GROUPS AND EVENTS

January 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 CLOSED HAPPY NEW YEAR TO ALL AND TO ALL A SAFE NIGHT!	3 Welcome Back! Crafts With Cat 9:30-11 AM Coffee Catch-Up With Staff 11 AM-12 PM	4 New Year's Party With Pizza! \$2 Per Person at the Door! 1-3 PM *SIGN-UP REQUIRED* Music Group With Scott @ 134 Anne Street 4:30-6 PM <i>Good Food Box \$20 Due Today</i>	5 Women's Group With Victoria 10-11:30 AM Men's Group With Bill and Marcello 2-3:30 PM	6 New Year Intentions With Victoria 10-11 AM
9 Let's Talk About Life With Ora 2-3 PM	10 \$1 Egg Salad Sammies 11 AM-12 PM Women's Group Special Event Please See Victoria for Details Complimentary and Limited Spaces (Time TBD)	11 Social Time 9:30-11:30 AM "New Year, New Me" With Bill 2-3 PM Music Group With Scott @ 134 Anne Street 4:30-6 PM <i>Good Food Box Deliveries</i>	12 Warm-Up Winter Recipes With LA and Victoria 10-11 AM	13 Bring a Song or Poem With Laura 10-11:30 AM
16 Motivation Mondays With Karalyn 10-11 AM Let's Talk About Life With Ora 2-3 PM	17 Crafts With Cat 9:30-11 AM ADHD and ME! With Laura and Cat 1-2:30 PM	18 Social Time With Birthday Cake 9:30-11:30 AM Life With Sandy Ann 2-3 PM Music Group With Scott @ 134 Anne Street 4:30-6 PM	19 Colt's Game VS. Ottawa 7:30-10 PM \$5 Per Person *SIGN UP REQUIRED* Due January 12 th	20 Eggo's Breakfast 9:30-10:30 AM
23 CLOSED FOR TRAINING	24 Bowling With Victoria \$5 Per Person Meet at Bowlerama * SIGN UP REQUIRED* 11-1 PM Due January 17 th	25 Social Time 9:30-11:30 AM Cozy Movie Afternoon With Popcorn and Drinks 2-4 PM Music Group With Scott @ 134 Anne Street 4:30-6 PM	26 Women's Group With Victoria 10-11:30 AM Men's Group With Bill and Marcello 2-3:30 PM	27 Bring a Song or Poem With Laura 10-11:30 AM Self-Care In The New Year With Stephanie and Ora 2-3 PM
30 Let's Talk About Life With Ora 2-3 PM	31 Crafts With Cat 9:30-11 AM ADHD and ME! With Laura and Cat 1-2:30 PM	<h1>Happy New Year!</h1>		

RSVP: 705-726-5033 Ext. 417 24/7 CRISIS SERVICES: 705-728-5044

RSVP UPDATES/UPCOMING EVENTS

- Please show up to groups and events at the clubhouse no more than 5 minutes early, as we cannot accommodate waiting inside
- Stay tuned for an exciting trip in February! (Cost is \$10)

A big part of the RSVP Program at CMHA (Recreational, Social, Vocational, Peer Support), is PEER SUPPORT.

You may or may not already be familiar with some of the Peer Support Services at CMHA. Please see below groups that are currently being 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.

Monday 7-8pm
Supporting a Loved One through Addiction
Facilitators: Jadine

Supporting a loved one through addiction can be a long, difficult and often lonely journey. This group offers a safe and non judgmental space for open conversation to discuss, learn and cope with the struggles one might face when supporting their loved ones through addiction. Topics include but are not limited to: supporting vs enabling, setting boundaries and goals, recognizing codependency, managing expectations, how being focused on "fixing" our loved one can result in years of self neglect and the importance of self care, emotions and frustration when relapse occurs and recognizing how relapse is often a part of the overall recovery process.

Wednesday 5-6pm
Men's Mental Health & Addiction Support Group
Facilitators: Ryan and Dwayne

For those who identify as male, we understand that it can feel challenging to reach out for help. As part of our efforts to expand peer support services in our community, this group is for any male who could use a little extra help and is looking for a safe place to talk about mental health. If you are struggling, we invite you to join Peer Support Specialist Ryan and Peer Supporter Dwayne as they create space for this conversation from a place of lived experience.

Thursday 12:30-1:30pm
OCD Support Group
Facilitator: Bill

What is OCD?

Obsessive-Compulsive Disorder (OCD) is a common, chronic, and long-lasting disorder in which a person has uncontrollable, reoccurring thoughts (obsessions) and/or behaviours (compulsions) that he or she feels the urge to repeat over and over. Led from a place of lived experience, this session is being offered to anyone who lives with OCD or is supporting someone struggling with OCD. This will be a 1-hour session with the intention of creating a safe space to share and listen. We will discuss stories, coping strategies and techniques.

Thursdays 2-3pm
Depression and Anxiety Support Group
Facilitator: Candice

Everyone experiences Depression and/or Anxiety in some form throughout their life and sometimes, it can get the best of us. This group is an open and safe sharing space to anyone experiencing symptoms, no matter how big or small. Coming from a place of lived experience, Peer Supporter Candice dives into several different coping strategies, general chats, and empowers you through your journey. Join her for the hour session weekly to discover more and learn alongside people who can relate.