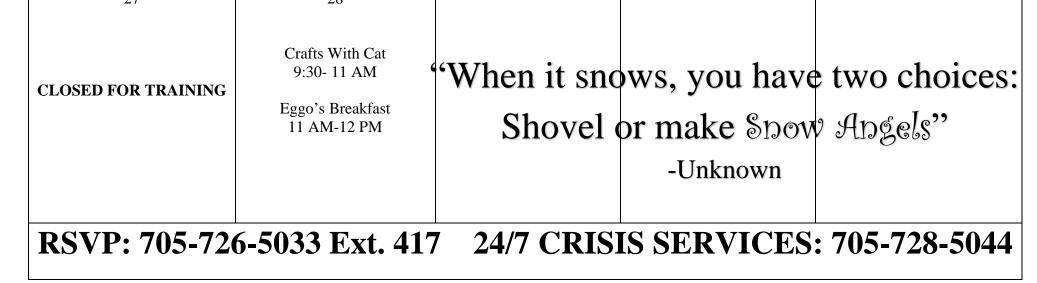
RSVP CALENDAR OF GROUPS AND EVENTS

February 2023

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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@cmhastarttalking.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 <u>peersupport@cmhastarttalking.ca</u> or call 705-790-5792 for more information.

NEW Select Mondays (IN PERSON- See Calendar) Conquering the Clutter Group Facilitators: Laura and Victoria

We can all become overwhelmed at times with the amounts of things we have, collect and possess. There are several different reasons people have attachments to their belongings and it can easily become an issue for an individual and their loved ones. Come and explore the reasons behind hoarding and/or clutter, gather some ideas to clean up and keep a clutter-free life all while finding support and hope alongside others going through a similar struggle.

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.