

# RSVP CALENDAR OF GROUPS AND EVENTS

## February 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 Social Time 9:30-11:30 AM  <i>Good Food Box \$20 Due Today</i>	2 Reflective Meditation With Karalyn 10-11 AM    Music Group @ 134 Anne Street 4:30-6 PM	3 Trip to Ripley's Aquarium and Toronto Strolling \$10 Per Person 9:30 AM - 4 PM Sign Up By January 20 <sup>th</sup>  
6  Conquering The Clutter With Laura and Victoria 10:30-11:30 AM  Let's Talk About Life With Ora 2-3 PM	7  Bring a Favourite Song or Poem 10-11:30 AM  Let's Talk About Life With Ora 2-3 PM	8  Social Time 9:30-11:30 AM  <i>Good Food Box Deliveries Today</i>	9  Women's Group 10-11:30 AM  Men's Group With Bill and Marcello 2-3:30 PM  Music Group @ 134 Anne Street 4:30-6 PM	10  TED TALKS and Reflections With Victoria 10-11:30 AM  ADHD & Me With Laura and Cat 1-2 PM
13  Conquering The Clutter With Laura and Victoria 2-3 PM	14  Crafts With Cat 9:30-11 AM   Valentine's Day Pizza Party 11:30 AM-1:30 PM 2\$ at the Door Sign Up at Reception	15  Social Time 9:30-11:30 AM  Games and Prizes! With Bill 2-3:30 PM	16  Improving Body Image With Victoria 10-11 AM  Music Group @ 134 Anne Street 4:30-6 PM	17  Cozy Movie Afternoon With Victoria Popcorn, Chips and Drinks! 2-4 PM
20  <b>CLOSED FOR FAMILY DAY</b>	21  Loonie Sandwiches: Ham and Cheese 1-2 PM  Let's Talk About Life With Ora 2-3 PM	22  Social Time 9:30-11:30 AM With Cake  Pink Shirt Day- Please Wear Pink to Support Anti-Bullying	23  Women's Group 10- 11:30 AM  Men's Group With Bill and Marcello 2-3:30 PM  Music Group @ 134 Anne Street 4:30-6 PM	24  ADHD & Me With Laura and Cat 1-2 PM
27  <b>CLOSED FOR TRAINING</b>	28  Crafts With Cat 9:30- 11 AM  Eggo's Breakfast 11 AM-12 PM	<b>“When it snows, you have two choices: Shovel or make Snow Angels” -Unknown</b>		

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

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](mailto: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](mailto:peersupport@cmhastartalking.ca) 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.