


# RSVP CALENDAR OF GROUPS AND EVENTS

## JUNE 2023

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
5 			1	2  <b>Art Group</b> With Cat and Bill 9:30-11:00 AM @ 134 Anne Street Sign up required
5	6  <b>Let's Talk About Life</b> With Ora 10:00-11:00 AM @ <b>The 705</b>  Summer Scavenger Hunt With Catherine and Bill 11:30 AM-12:30 PM Meet @ <b>The Spirit Catcher</b>  Women's Group 1:00 pm-2:30pm @ <b>The 705</b>	7  <b>Social and Sandwiches</b> (Fox's Bakery- \$3 Each) Sign-up and Pre-Order By Tuesday at Noon 10:00 AM- 12:00 PM @ <b>The 705</b>  <b>We Want To Hear From You!</b> 12:30PM-1:30PM @ <b>The 705</b>  <b>Men's Group</b> With Bill and Marcello 2:00-3:30 PM @ <b>The 705</b>	8  <b>SPEAKERS BUREAU</b> Part 1/2 Contact 705-817-6845 For more details!	9  <b>Open Swim</b> With Cat and Bill 11:00am- 12:00pm Meet @ <b>East Bayfield Community Center</b>
12	13  <b>Let's Talk About Life</b> With Ora 10:00-11:30 AM @ <b>The 705</b>  <b>Bring a Favourite Song or Poem</b> With Laura 12:30-2:00 PM @ <b>The 705</b>	14  <b>Social and Sandwiches</b> (Fox's Bakery- \$3 Each) Sign-up and Pre-Order By Tuesday at Noon 10:00 AM- 12:00 PM @ <b>The 705</b>  <b>Comedy Movie Afternoon</b> 1:00-3:00 PM @ The 705 With Popcorn (Snack Shack Is Open)	15  <b>Conquering The Clutter</b> With Laura and Kat 10:00-11:30 AM @ <b>The 705</b>  <b>SPEAKERS BUREAU</b> Part 2/2 Contact 705-817-6845 For more details!	16
19	20  <b>Let's Talk About Life</b> With Ora 10:00-11:30 AM @ <b>The 705</b>  <b>Creative Photography</b> With Cat and Brian 12:00PM – 1:00PM @ <b>The 705</b>	21  <b>Social and Sandwiches</b> (Fox's Bakery- \$3 Each) Sign-up and Pre-Order By Tuesday at Noon 10:00 AM- 12:00 PM @ <b>The 705</b>  <b>Men's Group</b> With Bill and Marcello 2:00-3:30 PM @ <b>The 705</b>  <b>National Indigenous Peoples Day</b>  <b>First Day of Summer</b>	22  <b>Fraud Prevention With Barrie Police Services</b> 10:00-11:30 AM @ <b>The 705</b>  <b>Barrie Baycats Baseball Game</b> 7:30 PM-10:30 PM Cost: \$5 per person <b>SHUTTLE: Meet @ Downtown Terminal for 6:45 PM. Return to Downtown Terminal for 10:35 PM</b> Sign-Up Required	23
26	27  <b>Let's Talk About Life</b> With Ora 10:00-11:30 AM @ <b>The 705</b>  <b>Bring a Favourite Song or Poem</b> With Laura 12:30-2:00 PM @ <b>The 705</b>	28  <b>Social and Sandwiches</b> (Fox's Bakery- \$3 Each) Sign-up and Pre-Order By Tuesday at Noon 10:00 AM- 12:00 PM @ <b>The 705</b>  <b>Kat's Budgeting Group</b> 12:30-1:30 PM @ <b>The 705</b>	29  <b>Conquering The Clutter</b> With Laura and Kat 10:00-11:30 AM @ <b>The 705</b>  <b>RSVP Beach Party</b> Dutch Bakery Sandwiches provided for free 12pm - 2:30pm Meet @ <b>Centennial Beach Pavillion</b> Sign-Up Required	30

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

# RSVP UPDATES/UPCOMING EVENTS

- We are bringing back the “meal cards” by popular demand! Introducing **The “FP”** (Food Pass) -due to inflation, they will be \$20 cards with a \$22 value! Please see staff at The 705 space to learn more!
- The **Snack Shack** will be open at The 705 space every Tuesday and Wednesday during groups! Please see menu attached for options and prices! Exact change recommended.
- Camp is filling up fast- if you would like to reserve your spot- please speak with Victoria. Payment plans are available.
- ALL payments (meals, trips, etc.) will be received on Tuesdays and Wednesdays at The 705 at reception with our cashier!
- We are excited to start monthly Beach Days and Summer Fun!
- Music Group on Thursdays at 134 Anne Street is CANCELLED for June.
- Pride Baycats game in July! \$5/person

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](mailto: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 [peersupport@cmhastarttalking.ca](mailto:peersupport@cmhastarttalking.ca) or call 705-790-5792 for more information.

## **Monthly (IN PERSON- See Calendar) \*NEW- Closed Group\***

### **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: CANCELLED**

## **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.