

RSVP CALENDAR OF GROUPS AND EVENTS

March 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
X			1 Art Group 10:00am – 11:30am Games Group 11:45am – 12:45pm
5 Let's Talk About Life With Staff 10:00am – 11:00am Mindful Talk with Ora 11:15am -12:15pm Men's Group With Bill 12:30pm – 1:30pm	6 Food & Friends \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon) Tax Talk With Kat 12:00pm - 1:00pm The Sacred Bundle With Dwayne 1:30pm - 2:30pm	7 Wellness Series Week 4 (Closed Group) With Brian + Laura 10:00am – 11:15am Song & Poem With Brian + Laura 11:30am -12:30pm LGBTQ2+ With Brian + Laura 12:45pm – 1:45pm	8 International Women's Day Art Group With Bill + Cat 10:00 – 11:30am Games Group With Bill + Cat 11:45am – 12:45pm @134 Anne St
12 Decluttering Challenge With L.A. 10:00am – 11:30am Tapping Meditation With Kiara 11:45am – 12:15pm Women's Group With L.A. 12:30pm – 1:30pm	13 Green Pizza Party \$4.00 10:00am – 12:00pm (Sign-Up by Tuesday Noon) (Birthday Celebration Day With Cake) Journalling With Brian 12:15pm – 1:15pm Good Food Box Delivery Day	14 Wellness Series Week 5 (Closed Group) With Brian + Laura 10:00am – 11:15am Sensory Music With Brian + Laura 11:30am – 12:30pm Show & Tell With Brian + Laura 12:45pm – 1:45pm	15 Art Group With Bill + Cat 10:00am – 11:30am Games Group With Bill + Cat 11:45am – 12:45pm @134 Anne St
19 Let's Talk About Life With Staff 10:00am – 11:00am We Want to Hear From You 11:15am – 12:15pm Men's Group With Bill 12:30pm – 1:30pm	20 Food & Friends \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon) Happiness Show & Tell 12:15pm – 1:15pm MacLaren Art Centre Sign up required 2:00pm – 3:30pm	21 Safety Squad Harm Reduction Kit Assembly 12:30pm 3:30pm (Staff will sort and count between 330 -4) Sign-up required	22 Art Group With Bill + Cat 10:00am – 11:30am Games Group With Bill + Cat 11:45am – 12:45pm @134 Anne St
26 Sing A long Acoustic With Kiara 10:00am – 11:00am Women's Group Spa Day @ Georgian College Sign up required 11:30am – 1:15pm	27 Food & Friends \$4.00 Fox's Bakery 10:00 – 12:00pm (Sign-Up by Tuesday Noon) Colouring Pages With Kat 12:00pm– 1:00pm Finding My Why With L.A. 1:30 2:30pm	28 Wellness Series Week 6 (Closed Group) With Brian + Laura 10:00am – 11:15am Song & Poem With Brian + Laura 11:30am – 12:30pm Zen Doodling With L.A. 12:45– 1:45pm	29 Closed
↑ @ THE 705	↑	↑	@134 ANNE ST S

Wednesdays Sandwich Social & Games

Sandwiches are \$4. Please submit your order with payment by Tuesday at noon. Meal cards can be used. Games and prizes are available every Wednesday.

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 peersupport@cmhastarttalking.ca or call 705-790-5792 for more information.

Wednesday 5-6pm (VIRTUAL): 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.

Thursdays 2-3pm (VIRTUAL): Depression and Anxiety Support Group **Facilitators: Mike and Shauna**

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 Supporters Mike and Shauna dive into several different coping strategies, general chats, and empowers you through your journey. Join them for the hour session weekly to discover more and learn alongside people who can relate.

Defining a "Closed Group" This means those who signed up or made a continuous effort to come to group sessions 1 through 3, are the only individuals permitted in the group for as long as its duration. A closed group allows for more trust, cohesiveness, and collaboration to be built among members.