

# RSVP CALENDAR OF GROUPS AND EVENTS

April 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p><b>Trauma and the Body</b> with Shauna 11:15am -12:15pm</p> <p><b>Men's Group</b> With Bill 12:30pm – 2:00pm</p> <p><i>Autism Awareness Day</i></p>	<p>3</p> <p><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p><b>Fun Facts</b> With Brian + Patty 12:00pm - 1:00pm</p> <p><b>Mall Walking Group</b> @ <b>Georgian Mall (meet in food court)</b> With Cat 1:30pm – 3:00pm</p>	<p>4</p> <p><b>Wellness Series</b> (Closed Group) With Brian + Laura 10:00am – 11:15am</p> <p><b>LGBTQ2+</b> With Brian + Laura 11:30am -12:30pm</p> <p><b>Declutter Challenge</b> <b>Wrap-up (Closed Group)</b> With LA 12:45pm – 1:45pm</p>	<p>5</p> <p><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p><b>Games Group</b> With Bill + Cat 11:30-12:30pm</p> <p><b>Garden Plan</b> With Bill + Cat 1:00 – 2:00pm</p> <p>@134 Anne St</p>
<p>9</p> <p><b>Let's Talk About Life</b> With Ora 10:00am – 11:00am</p> <p><b>Love Languages</b> With LA 11:00 – 12:30pm</p> <p><b>Women's Group</b> With L.A. 12:45pm – 2:00pm</p>	<p>10</p> <p><b>Spring Fling Party</b> \$4.00 for Pizza 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p>(<b>Birthday Celebration Day with Cake</b>)</p> <p><b>Emotion Regulation</b> With Catherine 12:00pm – 1:30pm</p> <p><i>Good Food Box Delivery Day</i></p>	<p>11</p> <p><b>Wellness Series</b> (Closed Group) With Brian + Laura 10:00am – 11:15am</p> <p><b>Sensory Music</b> With Brian + Laura 11:30am – 12:30pm</p> <p><b>Chair Yoga</b> With Tiff 1:00pm – 2:00pm</p>	<p>12</p> <p><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p><b>Games Group</b> With Bill + Cat 11:30-12:30pm</p> <p><b>Garden Prep</b> With Bill + Cat 1:00 – 2:00pm</p> <p>@134 Anne St</p>
<p>16</p> <p><b>Let's Talk About Life</b> With Ora 10:00am – 11:00am</p> <p><b>Recipes</b> With L.A. 11:15am – 12:15pm</p> <p><b>Men's Group</b> With Bill 12:30pm – 2:00pm</p>	<p>17</p> <p><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p><b>Walking Group</b> With Cat Meet @ the dream catcher 12:30 pm – 1:30pm</p>	<p>18</p> <p><b>Safety Squad</b> Harm Reduction Kit Assembly 12:30pm 3:30pm <b>Sign-up required</b></p>	<p>19</p> <p><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p><b>Games Group</b> With Bill + Cat 11:30-12:30pm</p> <p><b>Garden Planting</b> With Bill + Cat 1:00 – 2:00pm</p> <p>@134 Anne St</p>
<p>23</p> <p><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p><b>Jokes!</b> With Cat 11:15am - 12:15pm</p> <p><b>Women's Group</b> With L.A. 12:30pm – 2:00pm</p>	<p>24</p> <p><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00 – 12:00pm (Sign-Up by Tuesday Noon)</p> <p><b>Coloring Pages</b> 12:00pm– 1:00pm</p> <p><b>Waterfront Scavenger Hunt</b> With Cat 1:30 – 2:30pm</p>	<p>25</p> <p><b>Wellness Series</b> (Closed Group) With Brian + Laura 10:00am – 11:15am</p> <p><b>Sensory Music</b> 11:30am – 12:30pm</p> <p><b>Chair Yoga</b> With Tiff 1:00pm – 2:00pm</p>	<p>26</p> <p><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p><b>Games Group</b> With Bill + Cat 11:30-12:30pm</p> <p><b>Garden planting</b> With Bill + Cat 1:00 – 2:00pm</p> <p>@134 Anne St</p>

<sup>30</sup> <b>Let's Talk About Life</b> 10:00am – 11:00am  <b>Bring a Song and Poem Group</b> 11:15am – 12:15pm  <b>Men's Group</b> 12:30am – 2:00pm			
↑	@ THE 705	↑	@THE 705
			@134 ANNE ST S

### GROUP DESCRIPTIONS

**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.

**Trauma and the Body:** Learning about the different ways in which trauma can impact and have changes on the body

**LGBTQ+:** Open to all, allies welcome. A safe space to discuss thoughts, ideas, and experiences

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.

---

#### **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.