

# RSVP CALENDAR OF GROUPS AND EVENTS

May 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Inclement Weather:</b> Outdoor groups will be cancelled if:</p> <ul style="list-style-type: none"> <li>• Any active Watches or Warnings (i.e.. Heat, Air Quality, Storm)</li> <li>• Actively Raining, and/or Showers are forecast</li> </ul> <p>(Additionally, Garden Group is cancelled if there was rain in the previous 48 hours)</p>	<p style="text-align: center;"><b>1</b></p> <p style="text-align: center;"><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;"><b>We Want to Hear From You</b> 12:00pm – 1:00pm</p> <p style="text-align: center;"><b>Mall Walking</b> 1:30pm – 3:00pm (Meet @ Georgian Mall Food Court)</p>	<p style="text-align: center;"><b>2</b></p> <p style="text-align: center;"><b>Wellness Series</b> With Brian 10:00am – 11:00am</p> <p style="text-align: center;"><b>Song + Poem</b> With Brian 11:15am -12:15pm</p> <p style="text-align: center;"><b>Smart Goals</b> With Brian 12:30pm – 1:30pm</p>	<p style="text-align: center;"><b>3</b></p> <p style="text-align: center;"><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p style="text-align: center;"><b>Games, Movie, Popcorn</b> With Bill + Cat (Star Wars) 11:30am – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;"><b>7</b></p> <p style="text-align: center;"><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>WRAP ¼ (closed)</b> With Cat 11:15am -12:15pm</p> <p style="text-align: center;"><b>Women's Group</b> With LA 12:30pm – 2:00pm</p>	<p style="text-align: center;"><b>8</b></p> <p style="text-align: center;"><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;"><b>Walking Group</b> (Meet at Dreamcatcher) 12:15pm – 1:15pm</p> <p style="text-align: center;"><b>(Good Food Box Delivery Day)</b></p>	<p style="text-align: center;"><b>9</b></p> <p style="text-align: center;"><b>Wellness Series</b> With Brian 10:00am – 11:15am</p> <p style="text-align: center;"><b>2SLGBTQ+</b> With Brian 11:30am – 12:30pm</p> <p style="text-align: center;"><b>Jokes with Bill</b> 1:00pm – 2:00pm</p>	<p style="text-align: center;"><b>10</b></p> <p style="text-align: center;"><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p style="text-align: center;"><b>Games</b> With Bill + Cat 11:30am – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>WRAP 2/4 (closed)</b> With Cat 11:15am – 12:15pm</p> <p style="text-align: center;"><b>Men's Group</b> With Cat 12:30am – 1:30pm</p>	<p style="text-align: center;"><b>15</b></p> <p style="text-align: center;"><b>Pizza Party</b> \$4.00, 2 Slices 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;"><b>Bowling</b> <b>Sign-up Required</b> \$8.00 12:30pm – 2:00pm</p>	<p style="text-align: center;"><b>16</b></p> <p style="text-align: center;"><b>Safety Squad</b> Harm Reduction Kit Assembly 12:30pm 3:30pm <b>Sign-up required</b></p>	<p style="text-align: center;"><b>17</b></p> <p style="text-align: center;"><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p style="text-align: center;"><b>Games</b> With Bill + Cat 11:30am – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;"><b>21</b></p> <p style="text-align: center;"><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>WRAP ¾ (closed)</b> With Cat 11:15am – 12:15pm</p> <p style="text-align: center;"><b>Women's Group (Tea Party)</b> With LA 12:30pm – 2:00pm</p>	<p style="text-align: center;"><b>22</b></p> <p style="text-align: center;"><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;"><b>Grid Drawing</b> With Cat 12:15pm – 1:15pm</p> <p style="text-align: center;"><b>Walking Group</b> (Meet at Dreamcatcher) 1:30pm – 2:30pm</p>	<p style="text-align: center;"><b>23</b></p> <p style="text-align: center;"><b>Sensory Music</b> With Brian 10:00am – 11:30am</p> <p style="text-align: center;"><b>Skills for Struggles</b> With Brian 11:45am – 12:45pm</p> <p style="text-align: center;"><b>Stomping Stigma</b> 1:00pm – 2:00pm</p>	<p style="text-align: center;"><b>24</b></p> <p style="text-align: center;"><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p style="text-align: center;"><b>Games + Garden</b> With Bill + Cat 11:30am – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;"><b>28</b></p> <p style="text-align: center;"><b>Let's Talk About Life</b> 10:00am – 11:00am</p> <p style="text-align: center;"><b>WRAP 4/4 (closed)</b> With Cat 11:15am – 12:15pm</p> <p style="text-align: center;"><b>Men's Group</b> With Bill 12:30pm – 1:30pm</p>	<p style="text-align: center;"><b>29</b></p> <p style="text-align: center;"><b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;"><b>Scavenger Hunt</b> (Meet at Dreamcatcher) 12:15pm – 1:15pm</p>	<p style="text-align: center;"><b>30</b></p> <p style="text-align: center;"><b>Song and Poem</b> With Brian 10:00am – 11:15am</p> <p style="text-align: center;"><b>Self Esteem</b> With Shauna 11:30am – 12:30pm</p> <p style="text-align: center;"><b>Crisis Planning</b> With Shauna 12:30pm – 1:30pm</p>	<p style="text-align: center;"><b>31</b></p> <p style="text-align: center;"><b>Art Group</b> With Bill + Cat 10:00 – 11:30am</p> <p style="text-align: center;"><b>Games + Garden</b> With Bill + Cat 11:30am – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p>↑ @ THE 705</p>	<p>↑ @THE 705</p>	<p>↑</p>	<p>@134 ANNE ST S</p>

## 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.

**WRAP (Wellness Recovery Action Planning) SIGN UP REQUIRED, CLOSED GROUP:** The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life. This 5-part series will help you build resilience and embrace a path to lasting wellness

**Grid Drawing:** Learn how to use the grid technique to replicate images to any size while keeping the scale and proportions intact!

---

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.