



RSVP CALENDAR OF GROUPS AND EVENTS August 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WEATHER PROCEDURE FOR INCLEMENT WEATHER Outdoor groups will be cancelled if</p> <ul style="list-style-type: none"> • Any active Watches or Warnings (i.e. Heat, Air Quality, Storm) • Actively Raining, and/or Showers are forecast <p style="text-align: center;">DOOR PROCEDURE DOORS OPEN <u>10 MINUTES</u> PRIOR TO GROUPS STARTING (20 Minutes for Vocational Staff)</p>		<p style="text-align: center;">1</p> <p style="text-align: center;">Song and Poem 10:00 – 11:00am</p> <p style="text-align: center;">Anxiety Workshop 11:15 – 12:15pm</p> <p style="text-align: center;">Being Positive 12:30 – 1:30pm</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">Art Group (Sculpture P.1) With Cat 10:00 – 11:30am</p> <p style="text-align: center;">Games + Social With Bill + Cat 11:30 – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;">6</p> <p style="text-align: center;">Let's Talk About Life 10:00 – 11:00am</p> <p style="text-align: center;">We Want to Hear From You 11:15 – 12:15pm</p> <p style="text-align: center;">Women's Group 12:30 – 1:30pm</p>	<p style="text-align: center;">7</p> <p style="text-align: center;">Food & Friends \$4.00 Fox's Bakery 10:00 – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;">Photography 12:15 – 1:15pm (Meridian Place)</p> <p style="text-align: center;"><i>Good Food Box Orders Due</i></p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Beach Walk (meet @ spirit catcher) 10:00 – 11:00am</p> <p style="text-align: center;">Beach Party Free Pizza & Pop Centennial Beach Pavilion 11:15 – 1:30pm</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">Art Group (Diamond Art) with Ora + Krys 10:00 – 11:30am</p> <p style="text-align: center;">Games + Social With Bill + Cat 11:30 – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;">13</p> <p style="text-align: center;">Let's Talk About Life 10:00 – 11:00am</p> <p style="text-align: center;">Minute-to-Win-it 11:15 – 12:15pm</p> <p style="text-align: center;">Men's Group 12:30 – 1:30pm</p>	<p style="text-align: center;">14</p> <p style="text-align: center;">Food & Friends \$4.00 Fox's Bakery 10:00 – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;">Drawing 12:15 – 1:15pm With Cat</p> <p style="text-align: center;"><i>Vocational Group Development Support</i> 10:00 – 12:00pm <i>Good Food Box Delivery</i></p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Safety Squad Harm Reduction Kit Assembly Sign-up required</p> <p style="text-align: center;">Set-Up 12:00 – 1:00pm Assembly Time 1:00 – 2:00pm Packing Up 2:00 – 3:00pm</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">Art Group (Sculpture P.2) With Cat 10:00 – 11:30am</p> <p style="text-align: center;">Games + Social With Bill + Cat 11:30 – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="text-align: center;">20</p> <p style="text-align: center;">Let's Talk About Life With Ora 10:00 – 11:00am</p> <p style="text-align: center;">Calligraphy With Cat 11:15 – 12:15pm</p> <p style="text-align: center;">Women's Group 12:30 – 1:30pm</p>	<p style="text-align: center;">21</p> <p style="text-align: center;">Food & Friends \$4.00 Fox's Bakery 10:00 – 12:00pm (Sign-Up by Tuesday Noon)</p> <p style="text-align: center;">Cornhole 12:15 – 1:15pm</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">22</p> <p style="text-align: center;">Anxiety Workshop Pt2 10:00 – 11:00am</p> <p style="text-align: center;">Being Positive Pt2 11:15 – 12:15pm</p> <p style="text-align: center;">2SLGBTQ+ 12:30 – 1:30pm</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">Art Group (Sculpture P.3) With Cat 10:00 – 11:30am</p> <p style="text-align: center;">Games + Social With Bill + Cat 11:30 – 12:30pm</p> <p style="text-align: center;">@134 Anne St</p>
<p style="font-size: 24px;">27</p> <p style="font-size: 24px;">CLOSED</p>	<p style="text-align: center;">28</p> <p style="text-align: center;">WET 'N WILD! WATERPARK! 9:15 – 5:15pm (Meet at Spirit Catcher) Sign-up required \$20 Lunch Provided</p> <div style="text-align: center;">  </div>	<p style="font-size: 24px;">29</p> <p style="font-size: 24px;">CLOSED</p>	<p style="font-size: 24px;">30</p> <p style="font-size: 24px;">CLOSED</p>
↑ @ THE 705	↑ @THE 705	↑	@134 ANNE ST S

GROUP LOCATIONS

Monday – Thursday: The 705 @ 56 Dunlop St West

- Doors open 10 minutes prior to the first group of the day beginning (20 minutes for vocational staff)

Friday: Youth Shine Space @ 134 Anne South

- Doors open 10 minutes prior to the first group of the day beginning (Good weather = back doors open for entry)

GROUP + EVENT 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.

WET N WILD (SIGN UP REQUIRED, \$20), Meet at Spirit Catcher for 9:15 to travel to Waterpark. Lunch provided. Please bring: Watersafe clothing (metal buttons, rivets, jewelry, and jeans will prevent you from certain activities), reusable water bottle and towel, hat & sunscreen, sunglasses. Park is accessible, designated smoking areas available. Please see email for details.

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.

Thursdays 2-3pm (VIRTUAL): Depression and Anxiety Support Group, with 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.