



**RSVP CALENDAR OF GROUPS AND EVENTS**  
**July 2024**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>2</b> <b>Let's Talk About Life</b> 10:00 – 11:00am  <b>Show and Tell</b> 11:15 – 12:15pm  <b>Women's Group</b> 12:30 – 1:30pm	<b>3</b> <b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)  <b>Positive Affirmation wall</b> 12:15 – 1:15pm  <b>Friendly Feud</b> 1:15 – 2:15pm <i>Good Food Box Orders Due</i>	<b>4</b> <b>Self Esteem</b> 10:00 – 11:00am  <b>Song + Poem</b> 11:15 – 12:15pm  <b>Stomping Stigma<sup>2</sup></b> 12:30 – 1:30pm	<b>5</b> <b>Art + Social</b> With Bill + Cat 10:00 – 11:30am  <b>Games in the Garden</b> With Bill + Cat 11:30am – 12:30pm  @134 Anne St
<b>9</b> <b>Let's Talk About Life</b> 10:00 – 11:00am  <b>Water Safety</b> 11:15 – 12:15pm  <b>Men's Group</b> 12:30 – 1:30pm	<b>10</b> <b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)  <b>Walking Group</b> 12:30 – 1:30pm (Meet at Spirit Catcher) <i>Good Food Box Delivery</i>	<b>11</b> <b>Self Esteem</b> 10:00 – 11:00am  <b>Sensory Music Group</b> 11:15 – 12:15pm  <b>2SLGBTQ+ Group</b> 12:30 – 1:30pm	<b>12</b> <b>Art + Social</b> With Bill + Cat 10:00 – 11:30am  <b>Games in the Garden</b> With Bill + Cat 11:30am – 12:30pm  @134 Anne St
<b>16</b> <b>Let's Talk About Life</b> 10:00 – 11:00am  <b>Jokes Group</b> 11:15 – 12:15pm  <b>Women's Group</b> 12:30 – 1:30pm	<b>17</b> <b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)  <b>Emergency Preparedness pt. 2</b> 12:15 – 1:15pm  <b>Walking Group</b> 1:15 – 2:15pm (Meet at the Spirit Catcher)	<b>18</b> <u><b>Safety Squad</b></u> Harm Reduction Kit Assembly <b>Sign-up required</b>  <b>Set-Up</b> 12:00 – 1:00pm <b>Assembly Time</b> 1:00 – 2:00pm <b>Packing Up</b> 2:00 – 3:00pm	<b>19</b> <b>Art + Social</b> With Bill + Cat 10:00 – 11:30am  <b>Games in the Garden</b> With Bill + Cat 11:30am – 12:30pm  @134 Anne St
<b>23</b> <b>Let's Talk About Life</b> 10:00 – 11:00am  <b>Button Making</b> 11:15 – 12:15pm  <b>Men's Group</b> 12:30 – 1:30pm	<b>24</b> <b>Food &amp; Friends</b> \$4.00 Fox's Bakery 10:00am – 12:00pm (Sign-Up by Tuesday Noon)  <b>Crochet</b> 12:15 – 1:15pm  <b>Coloring Pages</b> 1:15 – 2:15pm	<b>25</b> <b>Sunnidale Picnic!</b> 10:00am – 2:00pm Games, Pizza, Prizes!  	<b>26</b> <b>Art + Social</b> With Bill + Cat 10:00 – 11:30am  <b>Games in the Garden</b> With Bill + Cat 11:30am – 12:30pm  @134 Anne St
<b>30</b> <b>Let's Talk About Life</b> 10:00 – 11:00am  <b>Movie</b> <b>Muppet PIRATES!</b> 11:15 – 1:30pm Break at 12:15pm	<b>31</b> <b>AHOY!!!!</b>  <b>Pirate Life</b> <b>Pirate Cruise Adventure!</b> <b>SIGN-UP REQUIRED</b> \$15/ person <b>9:30AM – 11:30PM</b> <b>Scavenger Hunt</b> 11:45 – 12:45pm (Meet at Spirit Catcher)	<b>WEATHER PROCEDURE FOR INCLEMENT WEATHER</b>  <b>Outdoor groups will be cancelled if</b> <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> <b>(Additionally, Garden Group is cancelled if there was rain in the previous 48 hours)</b>	
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@ THE 705	@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.

**Pirate Life (SIGN UP REQUIRED): MEET AT SPIRIT CATCHER AT 930.** One hour cruise including storytelling, sea shanties, water cannons, games and more! Fully accessible. The ship does not have a washroom, however, there will be time prior to leaving, and there is no smoke break for the duration of the hour cruise, prepare accordingly.

**Sunnidale Picnic:** Come join us at Sunnidale park near the playground for picnic, games, prizes and more for the low price of \$4.00 for chips, pop and Pizza!!!

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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.

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### Wednesday 5-6pm (VIRTUAL): Men's Mental Health & Addiction Support Group, with Ryan and Mike

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, 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.