

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

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3</b> <b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM  <b>We Want to Hear From You</b> 11:15 – 12:15PM  <b>Women's Group</b> 12:30 – 1:30PM	<b>4</b> <b>Games and Prizes</b> 10:00 – 11:00AM (Sign-Up by Tuesday Noon)  <b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)  <b>Adapting to Change</b> With Kat 12:30 – 1:30PM  <i>Good Food Box Orders Due</i>	<b>5</b> <b>Healthy Boundaries Pt1</b> With Shauna 10:00 – 11:00AM  <b>Song and Poem</b> With Laura 11:15 – 12:15PM  <b>Develop Your Self-Worth Pt1</b> With Shauna 12:30 – 1:30PM	<b>6</b> <b>Art Group</b> with Shauna + Cat 10:00 – 11:30AM  <b>Games + Social</b> with Shauna + Cat 11:30 – 12:30PM  @134 Anne St
<b>10</b> <b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM  <b>Walking Group</b> With Cat Leaving from 705 11:15 – 12:15PM  <b>Men's Group</b> 12:30 – 1:30PM	<b>11</b> <b>Games and Prizes</b> 10:00 – 11:00AM (Sign-Up by Tuesday Noon)  <b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)  <b>Fall Colouring Pages</b> 12:30 – 1:30PM  <i>Good Food Box Delivery</i>	<b>12</b> <b>Song and Poem</b> With Laura 10:00 – 11:00AM  <b>Sensory Music</b> 11:15 – 12:15PM  <b>LGBTQ Group</b> <b>Flower Power &amp; Oppression</b> 12:30 – 1:30PM	<b>13</b> <b>Art Group</b> With Shauna + Cat 10:00 – 11:30PM  <b>Games + Social</b> With Shauna + Cat 11:30 – 12:30PM  @134 Anne St
<b>17</b> <b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM  <b>Optical Illusion Drawing</b> With Cat 11:15 – 12:15PM  <b>Women's Group</b> 12:30 – 1:30PM	<b>18</b> <b>Games and Prizes</b> 10:00 – 11:00AM (Sign-Up by Tuesday Noon)  <b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)  <b>Button Making</b> With Cat 12:30 – 1:30PM	<b>19</b> <u><b>Safety Squad</b></u> Harm Reduction Kit Assembly <b>Sign-up Required</b>  <b>10:00 – 1:00PM</b>  <b>(Includes Setup, Kit Creation, and Takedown)</b>  Come join our vocational group building kits to support a healthy community!	<b>20</b> <b>Art Group</b> With Shauna + Cat 10:00 – 11:30AM  <b>Games + Social</b> With Shauna + Cat 11:30 – 12:30PM  @134 Anne St
<b>24</b> <b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM  <b>Service Navigation</b> (sign-up required) See description 11:15-12:15PM  <b>Men's Group</b> 12:30 – 1:30PM	<b>25</b> <b>Games and Prizes</b> 10:00 – 11:00AM (Sign-Up by Tuesday Noon)  <b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)  <b>Fall Photography</b> With Cat Meet at Queen's Park near the Baseball Diamond 12:30 – 1:30PM	<b>26</b> <b>Healthy Boundaries Pt2</b> With Shauna 10:00 – 11:00AM  <b>Song and Poem</b> With Laura 11:15 – 12:15PM  <b>Develop Your Self-Worth Pt2</b> With Shauna 12:30 – 1:30PM	<b>27</b> <b>Art Group</b> With Shauna + Cat 10:00 – 11:30am  <b>Games + Social</b> Shauna + Cat 11:30 – 12:30pm  @134 Anne St
↑ @ THE 705	↑ @THE 705	↑	@134 ANNE ST S

## GROUP LOCATIONS

### **Tuesday to Thursday: The 705 @ 56 Dunlop Street 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)

### WEATHER PROCEDURE FOR INCLEMENT WEATHER

- Outdoor groups will be cancelled if:
  - Any active Watches or Warnings (i.e. Heat, Air Quality, Storm)
  - Actively Raining, and/or Showers are forecast

**DOOR PROCEDURE: DOORS OPEN 10 MINUTES PRIOR TO GROUPS STARTING (20 Minutes for Vocational members.)**

## GROUP + EVENT DESCRIPTIONS

**Wednesdays Games + Food and Friends:** 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.

**Harm Reduction Kit Making:** Sign-up is required to attend this group. Arrivals more than five minutes after group start, or who have not signed up WILL NOT be admitted.

**Healthy Boundaries + Develop your Self-Worth:** Join Shauna for these two-part series with worksheets and good discussions in an empowering and supportive environment!

**Adapting to Change:** Join Kat in discussing and developing more ways to be resilient and flexible when life changes!

**Service Navigation Group:** Staff may be able to help you with filling out paperwork and provide referrals and support.

## PEER SUPPORT SERVICES

You may or may not already be familiar with some of the Peer Support Services at CMHA. Please see below the groups currently 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.

## VIRTUAL GROUPS

### **Thursdays 2-3pm & Wednesdays 5-6pm (VIRTUAL): Well-Being Support Group**

with Shauna and Lyora

Peer Support facilitated group to provide community support, mutuality and connectedness in the following areas:

- Mental health and well-being.
- Addiction and substance abuse.
- Crisis planning/prevention/intervention strategies.
- Regaining control through community support and inspirational relationships.
- Rebuilding self-esteem, identity and empowerment.