

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

MONDAY	WEDNESDAY	FRIDAY
<p><b>4</b></p> <p align="center"><b>Checking In</b> 9:30 – 10:30AM</p> <p align="center"><b>We Want to Hear from You + New Location Information</b> 10:45 – 11:45PM</p> <p align="center"><b>Song and Poem</b> 12:00 – 1:00PM</p>	<p><b>6</b></p> <p align="center"><b>Drop in Social</b> 10:00 – 11:00AM</p> <p align="center"><b>Adapting to change pt 2</b> 11:15 – 12:15PM</p> <p align="center"><b>Food and Friends</b> 12:30 – 1:30PM</p> <p align="center"><b>ODSP Q&amp;A</b> 1:45 – 2:45PM</p> <p align="center"><i>Good Food Box Orders Due</i></p>	<p><b>8</b></p> <p align="center"><b>Art Group</b> 10:00 – 11:00AM</p> <p align="center"><b>Games + Social</b> 11:15 – 12:15PM</p> <p align="center"><b>Mental Health and Wellbeing pt.1</b> 12:30 – 1:30PM</p> <p align="center"><b>Coping Strategies</b> 1:45 – 2:45PM</p>
<p><b>11</b></p> <p align="center"><b>Checking In</b> 9:30 – 10:30AM</p> <p align="center"><b>Let's Talk About Life</b> 10:45 – 11:45PM</p> <p align="center"><b>LGBT+ Group</b> 12:00 – 1:00PM</p>	<p><b>13</b></p> <p align="center"><b>Drop in Social</b> 10:00 – 11:00AM</p> <p align="center"><b>Food and Friends</b> Birthday Celebration with Cupcakes 11:15 – 12:15PM</p> <p align="center"><b>Trivia Hour!</b> 12:30 – 1:30PM</p> <p align="center"><b>Body and Mind Relaxation Tips</b> 1:45 – 2:45PM</p> <p align="center"><i>Good Food Box Delivery</i></p>	<p><b>15</b></p> <p align="center"><b>Art Group</b> 10:00 – 11:00AM</p> <p align="center"><b>Games + Social</b> 11:15 – 12:15PM</p> <p align="center"><b>Mental Health and Wellbeing pt.2</b> 12:30 – 1:30PM</p> <p align="center"><b>Goal Setting pt 1</b> 1:45 – 2:45PM</p>
<p><b>18</b></p> <p align="center"><b><u>Safety Squad</u></b> Harm Reduction Kit Assembly <b>Sign-up required</b> <b>9:30 – 11:15PM</b></p> <p align="center"><b>Song and Poem</b> 11:30 – 12:30PM</p>	<p><b>20</b></p> <p align="center"><b>Drop in Social</b> 10:00 – 11:00AM</p> <p align="center"><b>Food and Friends</b> 11:15 – 12:15PM</p> <p align="center"><b>Mini-Photo Session (8 spots available)</b> With Cat 12:30 – 1:30PM</p> <p align="center"><b>Men's Group</b> 1:45 – 2:45PM</p>	<p><b>22</b></p> <p align="center"><b>Art Group</b> 10:00 – 11:00AM</p> <p align="center"><b>Games + Social</b> 11:15 – 12:15PM</p> <p align="center"><b>Mental Health and Wellbeing pt.3</b> 12:30 – 1:30PM</p> <p align="center"><b>Goal Setting pt 2</b> 1:45 – 2:45PM</p>
<p><b>25</b></p> <p align="center"><b>Checking In</b> 9:30 – 10:30AM</p> <p align="center"><b>Let's Talk About Life</b> 10:45 – 11:45PM</p> <p align="center"><b>Next Gen Group (35-under)</b> 12:00 – 1:00PM</p>	<p><b>27</b></p> <p align="center"><b>Drop in Social</b> 10:00 – 11:00AM</p> <p align="center"><b>Food and Friends</b> 11:15 – 12:15PM</p> <p align="center"><b>The Magic of Self</b> 12:30 – 1:30PM</p> <p align="center"><b>Positive Emotion Regulation</b> 1:45 – 2:45PM</p>	<p><b>29</b></p> <p align="center"><b>Holiday Diamond Art</b> 10:00 – 11:00AM</p> <p align="center"><b>Holiday Ornament Craft</b> 11:15 – 12:15PM</p> <p align="center"><b>Women's Empowerment</b> 12:30 – 1:30PM</p> <p align="center"><b>Mindful Writing</b> 1:45 – 2:45PM</p>

## Please note we are a peanut and nut free zone!

### GROUP LOCATION

#### **134 Anne South**

- Doors open 10 minutes prior to the first group of the day beginning. Good weather = back doors open for entry. Entry points include main entrance (with buzzer entry), and back door beside garage doors
- 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

### 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. Second Wednesday of every month is our birthday celebration day where we celebrate all the monthly birthdays together with cupcakes!

**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.**

### 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

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

with Shauna, Lyora, and Mike

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.