

# RSVP CALENDAR OF GROUPS AND EVENTS

October 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM</p> <p><b>We Want to Hear From You</b> 11:15 – 12:15PM</p> <p><b>Women's Group</b> 12:30 – 1:30PM</p>	<p><b>2</b></p> <p><b>Games and Prizes</b> 10:00 – 11:00AM</p> <p><b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)</p> <p><b>Trivia!</b> 12:30 – 1:30PM <i>Good Food Box Orders Due</i></p>	<p><b>3</b></p> <p><b>Understanding Stress Pt1</b> 10:00 – 11:00AM</p> <p><b>Self-Reflection Pt1</b> 11:15 – 12:15PM</p> <p><b>Song and Poem</b> 12:30 – 1:30PM</p>	<p><b>4</b></p> <p><b>Art Group</b> with Shauna + Cat 10:00 – 11:30AM</p> <p><b>Games + Social</b> with Shauna + Cat 11:30 – 12:30PM</p> <p style="text-align: right;">@134 Anne St</p>
<p><b>8</b></p> <p><b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM</p> <p><b>Neurodivergent Group</b> 11:15 – 12:15PM</p> <p><b>Men's Group</b> 12:30 – 1:30PM</p>	<p><b>9</b></p> <p><b>Games and Prizes</b> 10:00 – 11:00AM</p> <p><b>Food and Friends Birthday Cupcakes!</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)</p> <p><b>Décor-Making Group</b> 12:30 – 1:30PM <i>Good Food Box Delivery</i></p>	<p><b>10</b></p> <p><b>Harvest Song and Poem</b> 10:00 – 11:00AM</p> <p><b>Harvest Meal Party Swiss Chalet</b> \$10 per member 11:15 – 1:30PM</p>	<p><b>11</b></p> <p><b>Art Group</b> with Shauna + Cat 10:00 – 11:30PM</p> <p><b>Games + Social</b> with Shauna + Cat 11:30 – 12:30PM</p> <p style="text-align: right;">@134 Anne St</p>
<p><b>15</b></p> <p><b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM</p> <p><b>2SLGBTQ+</b> 11:15 – 12:15PM</p> <p><b>Women's Group</b> 12:30 – 1:30PM</p>	<p><b>16</b></p> <p><b>Games and Prizes</b> 10:00 – 11:00AM</p> <p><b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)</p> <p><b>Adapting to Change</b> 12:30 – 1:30PM</p>	<p><b>17</b></p> <p><b>Safety Squad</b> Harm Reduction Kit Assembly <b>Sign-up Required</b> <b>10:00 – 1:00PM</b></p> <p>(Includes Setup, Kit Creation, and Takedown) Come join our vocational group building kits to support a healthy community!</p>	<p><b>18</b></p> <p><b>Drop-in Games &amp; Social</b> 10:00-12:30PM @ 134 Anne St.</p> <p><b>BALA TRIP</b> See Staff/Poster for Details <b>9:30 – 4:30PM</b></p>
<p><b>22</b></p> <p><b>Let's Talk About Life</b> With Ora 10:00 – 11:00AM</p> <p><b>Service Navigation</b> 11:15-12:15PM</p> <p><b>Men's Group</b> 12:30 – 1:30PM</p>	<p><b>23</b></p> <p><b>Games and Prizes</b> 10:00 – 11:00AM</p> <p><b>Food and Friends</b> 11:15 – 12:15PM \$4.00 Fox's Bakery (Sign-Up by Tuesday Noon)</p> <p><b>Halloween Coloring</b> 12:30 – 1:30PM</p>	<p><b>24</b></p> <p><b>Understanding Stress Pt2</b> 10:00 – 11:00AM</p> <p><b>Self-Reflection Pt2</b> 11:15 – 12:15PM</p> <p><b>Card Games</b> 12:30 – 1:30PM</p>	<p><b>25</b></p> <p><b>Art Group</b> with Shauna + Cat 10:00 – 11:30am</p> <p><b>Games + Social</b> With Shauna + Cat 11:30 – 12:30pm</p> <p style="text-align: right;">@134 Anne St</p>
<p><b>29</b></p> <p style="text-align: center;"><b><u>CLOSED</u></b></p>	<p><b>30</b></p> <p><b>COSTUME PARTY</b> With Prizes 10:00 – 11:00AM</p> <p><b>Pizza Party</b> 11:15 – 12:15PM</p> <p><b>Pumpkin-Themed Craft</b> 12:30 – 1:30PM</p>	<p><b>31</b></p> <p style="text-align: center;"><b><u>CLOSED</u></b></p>	<p style="text-align: center;"><b><u>REMINDER:</u></b></p> <p style="text-align: center;"><u>RSVP is a</u> <u>peanut and tree nut</u> <u>free space!</u></p> <div style="text-align: center;">  </div>
↑ @ 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

## 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.

**Harvest Meal Party:** Join us for our annual harvest meal party. \$10 for a Swiss Chalet meal with pop/juice/water and dessert. Join us the day before for our décor making group to help create the decorations for the group.

**Bala Trip:** See staff and poster for details. Sign-up required; spots are limited.

**October 30<sup>th</sup>:** Join us at **134 Anne St** for our annual costume party. Prizes will be drawn at 11:00AM, entry is based on bringing *any* costume, *not* for best costume. If you need support with a costume or finding your way to the location, please speak with staff, we want everyone to be able to participate and have fun

**Service Navigation:** 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

### **Wednesdays 5-6pm & Thursdays 2-3pm (VIRTUAL): 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.