
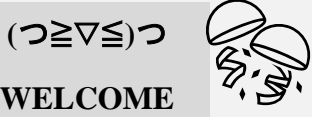

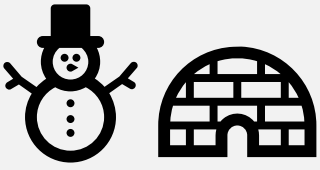


RSVP CALENDAR OF GROUPS AND EVENTS December 2024

MONDAY	WEDNESDAY	FRIDAY
<p>2 Holiday Market 10:00 – 2:00PM</p> <p>Please see poster for details</p> <div style="text-align: center;">  </div>	<p>4 RSVP CLOSED Due to Staff Function <i>Good Food Box Orders Due</i></p> <div style="text-align: center;">  <p>WELCOME BACK VICTORIA</p> </div>	<p>6 Art Group 9:30 – 10:30AM</p> <p>Games + Social 10:45 – 11:45AM</p> <p>Puzzle Room Pizza Party \$2 for 2 slices Sign up required 12:00 – 2:15PM</p>
<p>9 Song and Poem – A Song That Inspires You 9:30 – 10:30AM</p> <p>Let’s Talk About Friends 10:45 – 11:45AM</p> <div style="border: 2px dashed black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>Grief Presentation with Bob Fehir 12pm – 1:30pm</p> </div>	<p>11 Drop in Social 9:30 – 10:30AM</p> <p>Food and Friends Birthday Celebration with Cupcakes 10:45 – 11:45PM</p> <p>Wellness Jeopardy 12:00 – 1:00PM</p> <p>Men’s Group 1:15 – 2:15PM</p> <p style="text-align: center;"><i>Good Food Box Delivery</i></p>	<p>13 Art Group & Holiday mini photos 9:30 – 10:30AM</p> <p>Games + Social 10:45 – 11:45AM</p> <p>Exploring Emotions 12:00 – 1:00PM</p> <p>Expressional Collage 1:15 – 2:15PM</p>
<p>16 Safety Squad Harm Reduction Kit Assembly Sign-up required 9:30 – 11:15PM</p> <p>Song and Poem – A Song for The Holiday Season 11:30 – 12:30PM</p>	<p>18 Drop in Social 9:30 – 10:30AM</p> <p>Holiday Trivia 10:45 – 11:45PM</p> <p>Food and Friends 12:00 – 1:00PM</p> <p>Holiday Movie 1:15 – 3:15PM</p>	<p>20 Holiday Party 10:00 – 12:00PM</p> <div style="text-align: right;">  </div> <p>Holiday Bingo 12:00 – 1:00PM</p> <p>Holiday Wrap-up <i>1:15 – 2:15PM</i></p>
<p>23 RSVP CLOSED</p>	<p>25 RSVP CLOSED</p>	<p>27 RSVP CLOSED</p>
<p>30 Song and Poem – A Song About New Beginnings 9:30 – 10:30AM</p> <p>Let’s Talk About Life 10:45 – 11:45AM</p> <p>2024 Recap 12:00 – 1:30PM</p>	<p>1 RSVP CLOSED For New Year’s Day</p> <div style="text-align: center;">  </div>	<p>3 Art Group 9:30 – 10:30AM</p> <p>Games + Social 10:45 – 11:45AM</p> <p>New Years Resolution Setting 12:00 – 1:00PM</p> <p>Self-Reflection 1:15 – 2:15PM</p>

LOCATION: 134 Anne St South

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PROGRAM INFO + UPDATES

- RSVP Remains a peanut and nut free zone if you are bringing a lunch or snacks.
- Welcome back Victoria to the RSVP team!

134 Anne St. South

- Doors open 10 minutes prior to the first group of the day beginning. Entry is via the main entrance only. Ring the bell only if you do not see vocational staff present working at the desk, otherwise please knock.
- Please contact staff ahead of time if you have any questions or concerns regarding accessibility

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 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.

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.