



RSVP January 2025

MONDAY	WEDNESDAY	FRIDAY
<p>6</p> <p style="text-align: center;">Song and Poem 9:30 – 10:30AM</p> <p style="text-align: center;">Let's Talk About Life 10:45 – 11:45AM</p> <p style="text-align: center;">Winter Safety + Busting Winter Blues 12:00 – 1:00pm</p>	<p>8</p> <p style="text-align: center;">Drop in Social 9:30 – 10:30AM</p> <p style="text-align: center;">Food and Friends 10:45 – 11:45PM</p> <p style="text-align: center;">We Want to Hear from You 12:00 – 1:00PM</p> <p style="text-align: center;">Women's Group 1:15 – 2:15PM <i>Good Food Box Orders Due</i></p>	<p>10</p> <p style="text-align: center;">Art Group 9:30 – 10:30AM</p> <p style="text-align: center;">Games + Social 10:45 – 11:45AM</p> <p style="text-align: center;">Healthy Meals on a Budget 12:00 – 1:00PM</p> <p style="text-align: center;">Recipe Building 1:15 – 2:15PM</p>
<p>13</p> <p style="text-align: center;">Song and Poem 9:30 – 10:30AM</p> <p style="text-align: center;">Let's Talk About Life 10:45 – 11:45AM</p> <p style="text-align: center;">Peers Supporting Peers 12:00 – 1:00PM</p>	<p>15</p> <p style="text-align: center;">Drop in Social 9:30 – 10:30AM</p> <p style="text-align: center;">Food and Friends Birthday Celebration with Cupcakes 10:45 – 11:45PM</p> <div style="border: 2px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Let's Talk About Grief 12:00 – 1:00PM</p>  </div> <p style="text-align: center;">Drop in Social 1:15 – 2:15PM <i>Good Food Box Delivery</i></p>	<p>17</p> <p style="text-align: center;">Art Group 9:30 – 10:30AM</p> <p style="text-align: center;">Games + Social 10:45 – 11:45AM</p> <p style="text-align: center;">Positive Self-Esteem 12:00 – 1:00PM</p> <p style="text-align: center;">It's All About Me Scrapbook 1:15 – 2:15PM</p>
<p>20</p> <p style="text-align: center;"><u>Safety Squad</u> Harm Reduction Kit Assembly Sign-up required 9:30 – 10:30AM</p> <p style="text-align: center;">Let's Talk About Life 10:45 – 11:45AM</p> <p style="text-align: center;">Physical Activity Group 12:00 – 1:00PM</p>	<p>22</p> <p style="text-align: center;">Drop in Social 9:30 – 10:30AM</p> <p style="text-align: center;">Food and Friends 10:45 – 11:45PM</p> <p style="text-align: center;">Yearbook Club 12:00 – 1:00PM</p> <p style="text-align: center;">Winter Trivia 1:15 – 2:15PM</p>	<p>24</p> <p style="text-align: center;">Art Group 9:30 – 10:30AM</p> <p style="text-align: center;">Games + Social 10:45 – 11:45AM</p> <p style="text-align: center;">Decision Making 12:00 – 1:00PM</p> <p style="text-align: center;">My Choices are My Superpower Activities 1:15 – 2:15PM</p>
<p>27</p> <p style="text-align: center;">Song and Poem 9:30 – 10:30AM</p> <p style="text-align: center;">Let's Talk About Life 10:45 – 11:45AM</p> <p style="text-align: center;">Stomping Stigma 12:00 – 1:00PM</p>	<p>29</p> <p style="text-align: center;">Drop in Social 9:30 – 10:30AM</p> <p style="text-align: center;">Food and Friends 10:45 – 11:45PM</p> <p style="text-align: center;">Button Making 12:00 – 1:00PM</p> <p style="text-align: center;">Men's Group 1:15 – 2:15PM</p>	<p>31</p> <p style="text-align: center;">Art Group 9:30 – 10:30AM</p> <p style="text-align: center;">Games + Social 10:45 – 11:45AM</p> <div style="border: 2px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Sign-up Required \$2 Per Person</p> </div> <div style="border: 2px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;"> <p>Puzzles Party! 12:00 – 1:00PM</p> <p>Pizza Party! 1:15 – 2:15PM</p>  </div>

PROGRAM INFO + UPDATES

- RSVP Remains a peanut and nut free zone if you are bringing a lunch or snacks.
- Feel free to bring lunch if planning to stay for the entire day, staff can direct you to the eating area in the RSVP space!
- Please see our group description page for more information so you can decide which groups fit you best!

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 and doors are locked, 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@cmhastartalking.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@cmhastartalking.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.