



Mindfulness Meditation

This group explores various methods for relaxing the body and mind. Objectives of this group include going through guided progressive muscle relaxation, guided imagery, breathing techniques and more. The dim, quiet room can provide a space for self-reflection, clearing your mind, being present in the moment, or getting in touch with your senses. This is a half-hour group, allowing members to meditate, typically being guided by a video. The relaxation skills gained in this group can help with sleep and anxiety management.

Mindfulness Group

Members will explore and discuss various topics related to mindfulness practice. Objectives include experiencing gratitude, improving sleep, diet, exploring nature and the mind/body spirit, and more. This is a discussion-based group, which focuses on different topics every week. This group provides a space for members to share their mindfulness techniques and learn strategies from others.

Self-Esteem

This group explores themes around self-esteem and promotes confidence as members learn techniques to enhance self-esteem. Topics explored in this group include what self-esteem is, how low self-esteem can be a problem, how it develops and is maintained, replacing self-defeating thoughts, accepting yourself, developing balanced core beliefs, healthy self-esteem, and more. Some benefits members may experience include positive thinking and self-love, which can work to improve relationships with others. *This is a 12-week closed group.*

Spirituality Group

Spirituality connects one to something larger than the self, which can give people meaning and purpose in life. It is related to the personal values system. This group allows members to explore their own journey of spirituality, and to identify what is meaningful to them. This group will allow members to identify their strengths and use them as a resource throughout their recovery. Spirituality can help foster positive emotions, coping skills, a positive worldview, helping to make sense of difficult situations, and encourages forgiveness and thankfulness. Spirituality will encourage hope and purpose through group discussion, as well as allow members to explore different practices, perspectives, and beliefs.

SMART Group

SMART (Self Management And Recovery Training) Recovery supports individuals who have chosen to abstain (or considering abstinence) from any type of addictive behaviours (substances, activities or both) by teaching them how to change self-defeating thinking, emotions and actions while working towards long-term satisfaction and quality of life. This is a 4 point program offering tools and techniques for Building and Maintaining Motivation, Coping with Urges, Managing Thoughts, Feelings and Behaviours, and Living a Balanced Life. *This is an open group held at the Community Door Boardroom.*

WRAP Group

Wellness Recovery Action Planning (WRAP) is a peer run group where members can develop their own personalized recovery plan. This group is based on the principles of hope, personal responsibility, education, self-advocacy, and support. Members will brainstorm and share ideas for overall wellness and explore strategies for reducing risk during times of crisis. This group will provide strategies to cope with life transitions, as this is when members typically require more support and is a major stressor. *This is a closed group.*

PEER SUPPORT GROUPS

Alternate Realities

For those who have seen, smelled, or felt something that could not easily be explained. We will explore spirituality experiences and special messages not shared by anyone else. Objectives of this group include sharing experiences of alternate forms of reality, and finding pathways to recovery. This group provides a safe and supportive environment to share thoughts, feelings, and experiences and/or learn about others' strategies for managing their alternate realities. *This is an open group.*

Peer Leadership

Peer Leadership is a peer run group where members can develop skills that will assist them in supporting others. Things that may be covered in the group include mental health issues, suicide prevention, recovery, treatment, rehabilitation, and support through effective communication. *This is an 8-week closed group.*

Recovery Chat

This is a group discussion on all aspects of recovery. Members can share their stories or simply listen as peers talk about their successes and challenges encountered through the journey of recovery. The topics vary weekly, and can include; sleep, social media use, life changes, relationships, and friendships. *This is an open group.*

Men's Group

This group provides male members an opportunity to receive psychoeducation and general knowledge on topics relevant to men. Some of the topics covered include relationships, social interactions, hobbies, dating, parenting, and more! This group provides a safe space for men to share their experiences while being supported by their peers. *This is an open group for men only.*

Women's Group

This group is used to empower women by reinforcing positive coping strategies for women. The topics covered in this group include increasing comfort in social situations, increasing self-esteem and, and improving conversational skills and assertiveness. Other topics include bringing awareness to women's issues, and encouraging women to empower one another and engage in a safe environment. This group provides a safe space for women to share their experiences and feelings while being supported by their peers. *This is an open group for women only.*

LEISURE GROUPS

Baking with Debby

The baking group provides members an opportunity to learn skills and general knowledge on topics related to baking. Additionally, members are able to bake delicious recipes with their peers and sample the foods they bake. This group is great for practicing kitchen skills that can be applied in your personal life. *This is an open group, however, it has limited space for each session.*

Cultural Cooking

This group will allow members to learn to cook and experience foods from around the world. Members will learn and improve cooking skills, learn kitchen safety, try new foods, learn about different cultures, and more. Sample foods from Italy, India, China, and more! *This is a closed group with limited space.*

Cooking with Debby

The cooking group provides members an opportunity to gain skills and general knowledge on topics relevant to grilling and cooking. This group will improve client culinary skills, kitchen safety, peer support, and is a place to meet new people. Members are also able to try the foods they make. Members can use the skills learned in this group to apply at home. *This is an open group, however it has limited space for each session.*

Gardening

Get your hands dirty in the Recovery West garden! Members will learn planting and maintaining gardens, while gaining general knowledge and skills related to gardening. Some benefits members may receive from this group includes socializing, working with their hands, light physical activity, and relaxation. *This is an open group that runs from the summer to the fall.*

ART GROUPS

Creative Writing

This group explores creative expression through writing. It offers members an opportunity to build confidence as they enrich their recovery journey through development of writing skills, self-awareness, and communication skills. The group typically starts with a check-in, 10 minutes or so of “Free Writing” where the members write about whatever they would like or whatever is on their mind. This is followed by activities such as reading, interpreting, and reflecting on song lyrics. Other examples include journaling, writing poetry, interpreting dreams, and story writing. The skills learned in this group can contribute to improved self-expression of one’s thoughts, feelings, and emotions.

Music Group

This group will allow members to listen to and explore different types of music, learn about and play different instruments, and discuss the power of music. The objectives of this group include to listening to music, learning about different music genres, analyzing lyrics and experimenting with different musical instruments. Members are also able to discuss their thoughts and reflect on feelings they experience during group. This is a great opportunity for members to explore their hobbies and interests, as well as improve on their self-expression.

Zentangle

The Zentangle method is an easy to learn, fun, and relaxing way to create beautiful images by drawing structured patterns and incorporates an attitude of mindfulness with its process. The group practices focus, creativity, acceptance, gratitude, and more. Zentangle offers members the opportunity to learn a new mindfulness skill that can be utilized anytime, anywhere. *Zentangle is a 9-week closed group*, meaning members will have to register for this group.

FITNESS GROUPS

Yoga

This group will introduce members to introductory yoga techniques. Yoga has many benefits including relaxation, strengthening the body and mind, and stretching the body. Members follow an instructional video with a facilitator present to assist with exercises.

YMCA – Fitness Group Physical Health and Education

This group will cover a variety of set topics related to fitness. Members will gain motivation, learn to set SMART goals, enhance independence, and feel better mentally and physically. The objectives of this group include hands on learning, proper exercise, strength training, stretching, nutrition, and cardiovascular activity. This group provides a great opportunity for members to become connected with their community and improve their own mental and physical health. *This is a 10-week closed group at the YMCA (20 Union Street, Brampton).*

Cardio Fitness

The cardio fitness group invites members to engage in physical activity as a group by following the steps being shown by the instructor. This group focuses on light cardio exercise and moving to the best of their ability. Objectives of the group include promoting healthy living, increasing endorphins and positive brain power, increases self-esteem, all while having fun exercising! Members might find improvements in their endurance, stamina, flexibility, and balance!

Fitness Group - Strength

This fitness group invites members to use dumbbells, resistance bands, kettle bells, and their own body weight to work through a full body strengthening routine to gain muscle and contribute to overall health. Objectives include strengthening muscles, learning proper weight training exercises, promoting physical activity, and develop healthy bodies.

Computer Drop In

Members will learn introduction to computers, learn about the hardware, and understand Windows and Words processing software. Members can work on improving their typing skills using the Mavis Beacon program. Skills learned in this group will allow members to navigate the increasing advances in technology. Members will learn basic internet skills such as e-mail, how to submit online job applications, and more!

Learning Lab

This group works to give members an opportunity to improve their reading, writing, comprehension, and communication skills. Members can expand on their vocabulary and English language skills. It also teaches members co-facilitating research, composing, and teaching skills. This group allows members to work on independent goals within a supportive group environment. The objectives of this group are ultimately to help you add more skills to their resume and communicate effectively in a work environment.

Vocational Recovery Chat

This is a discussion group related to work experiences. Each week covers a different topic, where knowledge is shared based on employment experiences. Topics may include Tips for Choosing a Career, Things to Consider Before Accepting a Job, and Tips for Constructive Feedback. This group should help you learn to skills to prepare you to enter the workforce as well help you excel when you're there.

Volunteering Group

This group provides members with the chance to be connected to various volunteer opportunities in Peel Region. Being involved in a group allows member to expand on their employment skills, build up their resumes, meet new people, and collaborate on a team. Most importantly, members will be able to do something meaningful and give back to the community. *This group runs on 3-month terms.*

RECOVERY GROUPS

Anger Solutions

This group will cover a variety of set topics related to anger and managing feelings. Objectives of this group include understanding feelings, identifying anger styles, learn how anger develops, develop assertiveness skills, body language, how to combine non-verbal and verbal assertiveness skills, listening skills, forgiveness, learning to let go of anger, and more. Members are given an Anger Solutions workbook that focuses on strategies for resolving anger and taking control of your emotions. Skills learned in this group can be utilized in personal relationships, at the workplace, and more. *This is a 12-week structured closed group.*

Healthy Sexuality

This group provides a safe environment to discuss and explore various aspects of healthy sexuality. This group will incorporate aspects of self-help, psychoeducation, and open discussions. The objectives of the group are to discuss consent and sexual rights, sexuality and mental health, medication, STI prevention, healthy boundaries, LGBTQ+ safe spaces, contraception, healthy relationships, and sexuality and aging. The purpose of this group is to help you navigate the complicated world of sexuality and relationships. *This is a 10-week closed group.*

Seeking Safety

This group is for people working towards trauma and addiction recovery. This group offers strategies you can use in your daily life such as taking back your power, red and green flags, grounding, commitment, coping with triggers, when substances control you, asking for help, anger, safety planning, self-care, setting boundaries in relationships, healthy relationships, and more. It will address your behaviours, your thoughts, and your relationships. *This is a 12-week closed group.*

Smoking Cessation

This group discusses experiences with smoking tobacco, attempting to quit, and having quit smoking in the past. The objectives include exploring strategies to quit smoking and relapse prevention all within a supportive environment. Additionally, this group provides education on the health benefits of quitting smoking. It will also help members to identify positive coping strategies to manage life stressors and suggests healthy alternatives to smoking. *This is a closed group.*

Social Interaction

This is a psychoeducational discussion group on relationships and communication. The objectives are focused on miscommunication, verbal and non verbal communication, boundaries, speech, tone, and confidence, fear and communication, awkwardness, assertiveness, and more. Strategies learned in this group can be applied to various setting and contexts in daily life such as at work, with friends, at the bank, and much more. *This is a 12-week open group.*

Anxiety Group

The Anxiety Group discusses individual experiences with anxiety and offers coping strategies. This group focuses on generalized anxiety, to help members identify signs and symptoms of anxiety, provides tools to manage anxiety, as well as educational materials that can be used during sessions as well as at home. Members will be able to speak with other individuals who also have anxiety and create an environment to learn from one another. *This is an open group that follows a 12-week module.*

Self-Harm

This group discusses why self-harm may occur and ways in which to prevent it. The group follows 10 modules, which will cover triggers, feelings, changing the way you think, and making different choices. It also offers strategies to overcome self-harm such as journaling. *This is a 10-week closed group.*