

November 2020



CMHA PD Virtual Groups Calendar



Canadian Mental Health Association
Peel Dufferin
Mental health for all

Association canadienne pour la santé mentale
Peel Dufferin
La santé mentale pour tous

Follow us on Instagram and Facebook for updates and live broadcasts!

IG @cmhapeeldufferin
IG @cmha.recoverywest
FB @RecoveryWest

NOTE:

- Please discuss with your CMHA PD worker directly to be added to group(s) waitlist.
- If you do not have a CMHA PD worker, contact Triage at 905-451-2123 to be connected to appropriate groups.
- Once registered, staff will reach out to you to confirm your spot in the group(s) and provide teleconference phone numbers and/or videoconference links.
- Groups are subject to change.** For the most up to date group updates, visit: <https://cmhapeeldufferin.ca/programs-services/recovery-west/>

LEGEND		
= New group starting/new time	= Teleconference (phone only)	= Peer led
= Recovery West clients only	= Videoconference (Microsoft Teams weblink)	Note: Groups with a number beside the name run multiple sessions
= Closed group (ensure you are signed up!)	= Group full (check back for updates weekly!)	

Join Weekly Wellness Tuesdays & Thursdays 10am-10:30am through Instagram Live @cmha.recoverywest

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10am-11am: Emotional Regulation </p> <p>11am-12pm: Depression (1) </p> <p>11am-12pm: Mindfulness (2) </p> <p>1:30pm-3pm: Creative Writing </p> <p>2pm-3pm: Vocational Recovery Chat </p> <p>2:30pm-3:30pm: Hearing Voices </p>	<p>3</p> <p>10am-11am: Anxiety (2) </p> <p>11am-12pm: Men's Group </p> <p>11am-12pm: Self Esteem </p> <p>1pm-2pm: Recovery Chat </p> <p>1pm-2pm: Music </p> <p>1:30pm-3pm: SMART Recovery (2) </p> <p>2pm-3:30pm: Mindfulness (1) </p> <p>7pm-8pm: Anxiety (3) </p>	<p>4</p> <p>10:30am-11:30am: Wellness Check In </p> <p>11am-12pm: WRAP Lite </p> <p>~10am-11am: Bipolar Group </p> <p>1:30pm-2:30pm: Anxiety (1) </p> <p>3:30pm-5pm: SMART Recovery (1) </p> <p>5:30pm-6:00pm: Mindfulness Meditation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p>5</p> <p>11am-12pm: Women's Group </p> <p>1pm-2pm: Pre-Employment </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p>	<p>6</p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p> <p><i>*Please note Games Group will be cancelled this week and resume November 13 - 11am-12pm</i></p>
<p>9</p> <p>10am-11am: Emotional Regulation </p> <p>11am-12pm: Depression (1) </p> <p>11am-12pm: Mindfulness (2) </p> <p>1:30pm-3pm: Creative Writing </p> <p>2pm-3pm: Vocational Recovery Chat </p> <p>2:30pm-3:30pm: Hearing Voices </p>	<p>10</p> <p>10am-11am: Anxiety (2) </p> <p>11am-12pm: Men's Group </p> <p>11am-12pm: Self Esteem </p> <p>1pm-2pm: Recovery Chat </p> <p>1pm-2pm: Music </p> <p>1:30pm-3pm: SMART Recovery (2) </p> <p>2pm-3:30pm: Mindfulness (1) </p> <p>7pm-8pm: Anxiety (3) </p>	<p>11</p> <p>10:30am-11:30am: Wellness Check In </p> <p>10am-11am: Bipolar Group </p> <p>1:30pm-2:30pm: Anxiety (1) </p> <p>3:30pm-5pm: SMART Recovery (1) </p> <p>5:30pm-6:00pm: Mindfulness Meditation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p>12</p> <p>11am-12pm: Women's Group </p> <p>1pm-2pm: Pre-Employment </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p>	<p>13</p> <p>11am-12pm: Games Group </p> <p>~11am-12pm: On Air! With Martin </p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p>
<p>16</p> <p>10am-11am: Emotional Regulation </p> <p>11am-12pm: Depression (1) </p> <p>11am-12pm: Mindfulness (2) </p> <p>1:30pm-3pm: Creative Writing </p> <p>~2pm-3pm: Purposeful Career Planning Group </p> <p>2:30pm-3:30pm: Hearing Voices </p>	<p>17</p> <p> 10am-11am: Anxiety (2) </p> <p>11am-12pm: Men's Group </p> <p>11am-12pm: Self Esteem </p> <p>1pm-2pm: Recovery Chat </p> <p>1:30pm-3pm: SMART Recovery (2) </p> <p>2pm-3:30pm: Mindfulness (1) </p> <p>7pm-8pm: Anxiety (3) </p> <p><i>*Music Groups ends this week</i></p>	<p>18</p> <p>10:30am-11:30am: Wellness Check In </p> <p>11am-12pm: WRAP Lite </p> <p>10am-11am: Bipolar Group </p> <p>1:30pm-2:30pm: Anxiety (1) </p> <p>~2:30pm-3:30pm: Emotional Eating </p> <p>3:30pm-5pm: SMART Recovery (1) </p> <p>5:30pm-6:00pm: Mindfulness Meditation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p>19</p> <p>11am-12pm: Women's Group </p> <p>1pm-2pm: Pre-Employment </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p>	<p>20</p> <p>11am-12pm: Games Group </p> <p>11am-12pm: On Air! With Martin </p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p>
<p>23</p> <p>10am-11am: Emotional Regulation </p> <p>11am-12pm: Depression (1) </p> <p>11am-12pm: Mindfulness (2) </p> <p>1:30pm-3pm: Creative Writing </p> <p>2pm-3pm: Purposeful Career Planning Group </p> <p>2:30pm-3:30pm: Hearing Voices </p>	<p>24</p> <p> 10am-11am: Anxiety (2) </p> <p>11am-12pm: Men's Group </p> <p>11am-12pm: Self Esteem </p> <p>1pm-2pm: Recovery Chat </p> <p>1:30pm-3pm: SMART Recovery (2) </p> <p>2pm-3:30pm: Mindfulness (1) </p> <p>7pm-8pm: Anxiety (3) </p>	<p>25</p> <p>10:30am-11:30am: Wellness Check In </p> <p>10am-11am: Bipolar Group </p> <p>1:30pm-2:30pm: Anxiety (1) </p> <p>2:30pm-3:30pm: Emotional Eating </p> <p>3:30pm-5pm: SMART Recovery (1) </p> <p>5:30pm-6:00pm: Mindfulness Meditation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p>26</p> <p>11am-12pm: Women's Group </p> <p>1pm-2pm: Pre-Employment </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p>	<p>27</p> <p>11am-12pm: Games Group </p> <p>11am-12pm: On Air! With Martin </p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p>
<p>30</p> <p>10am-11am: Emotional Regulation </p> <p>11am-12pm: Depression (1) </p> <p>11am-12pm: Mindfulness (2) </p> <p>1:30pm-3pm: Creative Writing </p> <p>2pm-3pm: Purposeful Career Planning Group </p> <p>2:30pm-3:30pm: Hearing Voices </p>	<p>CMHA PD recognizes the following days of importance within our community:</p> <ul style="list-style-type: none"> ❖ November 11 – Remembrance Day ❖ November 14 – Diwali ❖ November 20 – Trans Day of Remembrance ❖ November 22 – National Housing Day ❖ November 25 – December 1 – National Addictions Awareness Week 		<p>Stay up to date on CMHA PD services during COVID-19 by visiting the link below:</p> <p>https://cmhapeeldufferin.ca/news/immediate_access_to_a_mental_health_worker/</p> <p>CMHA PD Virtual Groups Calendar:</p> <p>https://cmhapeeldufferin.ca/programs-services/recovery-west/</p> <p>CLICK HERE </p>	

Virtual Group Descriptions

Anxiety – This group focuses on peer support, education, skill building and provides clients with an opportunity for discussion about assorted topics related to Anxiety. Members can be registered for *either* the Tuesday morning group (Anxiety (2)), Wednesday afternoon group (Anxiety (1)), or Tuesday evening group (Anxiety (3)).

Bipolar Group – Bipolar disorder is a complex disorder that can create multiple challenges in an individual's life. The bipolar group is a peer led group that focuses on understanding the basics of the illness, its treatment, and management techniques. It is not a substitute for treatment from a mental health care provider or a doctor, but can be used as a basis for questions and discussion boards about bipolar disorder.

Craft Group – Come out and craft with your peers! Arts and crafts promotes social connection, gives you a sense of pride, and has the same benefits of mindfulness meditation. Arts and crafts can alleviate symptoms of anxiety, stress, and depression while improving motor function and slowing cognitive decline.

Creative Writing – This group allows individuals to express themselves and/or their experiences positively through different mediums of writing. Participants will explore and build virtually upon skills such as poetry writing and formation, song and lyric analysis, prompt writing and forms of journaling. Open to all expertise levels, our aim is to provide an environment of learning and growth for all those included.

Depression – This is an open forum where the members bring forward Depression topics such as coping, self-care and recovery and is always co-facilitated by peer support workers. Members should join *either* the Monday morning group (Depression (1)) or Thursday evening group (Depression (2)).

Emotional Eating - Emotional eating group brings awareness to our eating habits. This group discusses many topics such as body image, mindfulness eating, learning to move and hunger types.

Emotional Regulation – This group is designed to help you learn skills and tools to cope with overwhelming emotions. Topics include PTSD/Trauma, Mindfulness, Grounding, Mind/Body Connection, Triggers and Safety.

Games Group – Weekly event for clients to come together and play various games such as Jeopardy, Trivia, Scattergories, Pictionary, etc.

Hearing Voices – This group is for folks who hear voices and would like to be supported. Group members will learn coping strategies like grounding techniques, relaxation, and boundaries.

Men's Group – A group designed for men only to explore topics surrounding mental health, community and more!

Mindfulness Meditation – This group explores various methods of cultivating mindfulness in our lives using meditation. Objectives of this group include following along to guided meditations such as body scans, self-compassion, and lovingkindness as well as discussing simple tips and tools to incorporate mindfulness into daily life. Clients can *either* sign up for Mindfulness Meditation (1)(Friday afternoons) or Mindfulness Meditation (2)(Wednesday evenings).

Mindfulness – Inspired by the principles of Mindfulness-Based Cognitive Behavioral Therapy (MBCT) and Mindfulness-Based Stress Reduction (MBSR), the aim of this 90-minute group is to support participants as they develop skills to manage the unpleasant aspects of life while cultivating awareness and gratitude to appreciate pleasurable times as well. Group members should join *either* the Tuesday afternoon group (Mindfulness (1)) or Monday morning group (Mindfulness (2)).

Music – This open group allows participants to engage with music in ways that are based on Music Therapy exercises. These include listening to, connecting with, reminiscing about, and dissecting the lyrics of, music in various forms. Different genres/styles, instruments, and cultures will be discussed through music.

On Air! With Martin – Join radio personality turned Peer Support Worker, Martin Walker, as he takes you on a journey through the history of radio, starting from the 1900s to the 2010s. This four-week group will include how a radio station operates, broadcasting terminology and preparing to do a podcast. During the last week, participants will be

recording a 10 minute podcast with each person responsible for a section (i.e. one person does a two-minute news update, one does a sports update and one a weather report). It is fun, educational and you get to create something you can keep! No previous radio experience is required. Please note we won't be 'live.' The only people who will hear the show are the participants of the group! This is merely a fun activity!

Pre-Employment – The Pre-Employment Program is designed to help individuals who are looking to learn vocational skills that include: time management, stress management, problem solving skills, customer service, interview skills, resume development and more! The program runs for 8 weeks.

Purposeful Career Planning Group – Purposeful Career Planning is a weekly discussion group which focuses on career related topics relating to employment volunteering and education that affect us all. Discussions will also tie in how recovery and mental health are impacted when developing goals that are meaningful. A wide range of topics are covered and can include: skill building, communication/conflict resolution, job retention and goal-setting.

Recovery Chat – An open group that fosters social interaction among group members as they engage together to relieve environmental stress. The group enables members to express and explore themselves openly and honestly as they tackle and cope with their recovery and the obstacles that may arise along the way.

Queer Minds – Queer Minds is a social space for individuals that identify as lesbian, gay, bisexual, queer, two-spirit, trans, asexual, questioning, etc. aged 16+. Queer Minds is a group for individuals to connect with community and gain knowledge and support on various LGBTQ+ topics/issues. This group is a community collaboration between CMHA Peel Dufferin and MOYO Community Services.

SMART Recovery – This group supports individuals who have chosen to abstain (or are considering abstinence) from any type of addictive behaviours – substances, activities, or both. This group teaches participants how to change self-defeating thinking, emotions, and actions while working towards long-term satisfaction and quality of life. There are 3 SMART Recovery sessions running by different facilitators. Group members are more than welcome to join as many as they choose. Please note group is offered on the Zoom platform and is open to all folks in the community.

Weekly Wellness – A daily live broadcast on mental health topics! Mondays Mindfulness and Grounding; Tuesdays Dealing with Worry and Stress; Wednesdays Mental and Physical Health; Thursdays Mental Health and Mood; Fridays Mental Health 101: Answering Common Mental Health Questions.

Wellness Check-In – This hour session will allow individuals to share their present experiences with others in an open format. Facilitators will be focusing discussion on wellness and its importance during this time.

Women's Group – This group's aim is to empower women by reinforcing positive coping strategies for both systemic and interpersonal issues in women's lives.

WRAP Lite – This closed group will run for 4 weeks/2 times per week (pt.1 – pt.8). Group members should be willing to commit to both days for four weeks. This WRAP group is an introductory group only. Wellness Recovery Action Plan is a prevention and wellness process that anyone can use to get well, stay well and make their life more the way they want it to be though a series of tools and action plans, called a WRAP. This is a process for anyone that wants to make positive changes in the way they feel and the way they react to life. In WRAP we believe there are **no** limitations to recovery and wellness.



Virtual groups reminders:

- ✂ Please refrain from sharing group conference IDs and videoconference links. This will ensure we maintain a safe virtual space. The group facilitator will provide you with this information when you are contacted to confirm your spot in a group.
- ✂ During group, please mute your microphone unless you are speaking. This will help cut out any unwanted sound and help us maintain the best sound quality possible. Before sharing, please say your name so we know who is speaking. Share one at a time.
- ✂ The facilitators may mute all participants when sharing content. You will be notified when this is done. To unmute at any point, press '*6'. If you mute yourself, simply unmute on your device.
- ✂ Please avoid sitting in the same room with someone else calling in for the same group – this creates an echo. Try phoning in together (while social distancing) or phone in from separate rooms if space permits.
- ✂ Devote your time in group to the group. If you need to take another call during the group, please exit the group and rejoin. Avoid putting us on hold as this creates a beeping noise in the background.
- ✂ Be welcoming to others in the community. During this unprecedented time, folks are finding different ways to remain connected – we may hear new voices and virtually see new faces.

Guidelines for maintaining a safe group space:

- ✂ Keep confidential and identifying information in group. Folks should not share what is disclosed by others. You are more than welcome to share general information you have learned.
- ✂ Treat staff and other group members with respect and an openness to learn. Understand that everyone has different thoughts and opinion.
- ✂ Be responsible for your own actions, attitudes, and words. Use "I" statements. No unsolicited advice. Ask for permission before offering suggestions to others.
- ✂ Be mindful of the time. Please call/video in to the group at or a few minutes prior to the time outlined on the group calendar. Check in with each group facilitator around teleconference/videoconference cut off times for joining. If you are unable to join a session, feel free to call into the next available session offered.
- ✂ Be mindful of how you are feeling. If you need to leave the group for any reason, let the facilitators know beforehand whenever possible. If you are leaving unplanned, send us a text to let us know you are okay. Contact your worker directly or 24.7 Crisis (905-278-9036) if you require further support.