

# February 2021

## 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 & phone in options available	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><b>1</b></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>2:30pm-3:30pm: Hearing Voices </p> <p><i>*Reminder: Purposeful Career Planning Group has ended</i></p>	<p><b>2</b></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>*Note: Mindfulness (1) is now available through virtual and phone options</i></p>	<p><b>3</b></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 Mediation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p><b>4</b></p> <p>11am-12pm: Women's Group </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p> <p><i>*Reminder: Pre-Employment has ended</i></p>	<p><b>5</b></p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; width: fit-content; margin: 10px auto;"> <p>"Black History Month isn't just in February. To me, it's every month. It's year-round." - Willie O'Ree (1st Black player in the NHL)</p> </div>
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<p><b>15</b></p> <p style="font-size: 2em; font-weight: bold; text-align: center;">CLOSED FAMILY DAY</p>	<p><b>16</b></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><b>17</b></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 Mediation (2) </p> <p>6pm-7pm: Queer Minds (w. MOYO) </p>	<p><b>18</b></p> <p>11am-12pm: Women's Group </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p> <div style="border: 2px solid black; border-radius: 50%; padding: 10px; text-align: center; width: fit-content; margin: 10px auto;"> <p>"Black history is not just for Black people – Black history is Canadian history." - Jean Augustine (1st Black female Member of Parliament)</p> </div>	<p><b>19</b></p> <p>11am-12:30pm: Healthy Relationships </p> <p>1pm-2:30pm: Craft Group </p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p>
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Stay up to date on CMHA PD services during COVID-19 by visiting the link below:

[https://cmhapeeldufferin.ca/news/immediate\\_access\\_to\\_a\\_mental\\_health\\_worker/](https://cmhapeeldufferin.ca/news/immediate_access_to_a_mental_health_worker/)

CMHA PD Virtual Groups Calendar:

<https://cmhapeeldufferin.ca/programs-services/recovery-west/>

CLICK HERE

"We cannot avoid conversations about race with the feeble excuse that we are not racist. The sooner we name and acknowledge anti-Black racism, the sooner we can eliminate it."  
- Desmond Cole (Journalist & Activist)

CMHA PD recognizes the following days of importance within our community:

- **Black History Month**
- February 1-7 – Eating Disorder Week
- February 4 – Safer Internet Day
- February 11 – Canada's Agricultural Day
- February 12 – Lunar New Year
- February 17 – Random Act of Kindness Day
- February 24 – Pink Shirt Day

## **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. Options are available for both virtual and call in.

**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. Options are available for both virtual and call in.

**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. Options are available for both virtual and call in.

**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** – This is now a monthly event for clients to come together and play various games such as Jeopardy, Trivia, Scattergories, Pictionary, etc. Games Group will run the first Friday of each month! Options are available for both virtual and call in.

**Healthy Relationships** – This group provides a safe environment for clients to discuss and explore various aspects of healthy relationships and sexuality.

**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)). Options are available for both virtual and call in.

**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. Options are available for both virtual and call in.

**Self Esteem** – A group designed to increase education, self-awareness and tools in all things self-esteem. Discussion with peers is paired with a psychoeducational model, creating an open space to learn and discuss self-esteem, self-worth and all things in between. Group topics include (but are not limited to) core beliefs, self-evaluation and challenging negative assumptions. Options are available for both virtual and call in.

**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. Options are available for both virtual and call in.

**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.



### Virtual groups reminders:

- ✦ Please refrain from sharing group conference IDs and videoconference links. This will ensure we maintain a safe virtual space.
- ✦ 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. When possible, please say your name before speaking so we know who is sharing. If on videoconference, please raise virtual hands when able and share one at a time.
- ✦ The facilitators may mute participants if there is obvious background noise. If on videoconference, you will be able to unmute through the 'mute/unmute' button. If on teleconference, press '\*6' to unmute.
- ✦ Please speak slowly and clearly into your phone or microphone so folks don't miss anything you're sharing.
- ✦ 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. When possible, be sure to notify the facilitator beforehand so they are aware to readmit you from the lobby when you are able to rejoin.
- ✦ 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. This also includes being in your own private space while in group! Folks should not share what is disclosed by others. You are more than welcome to share general information you have learned.
- ✦ To maintain a safe space, participants will no longer be admitted from the group lobby after group norms have been reviewed. Check in with your 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.
- ✦ If on videoconference, please do not take photos or screenshots of folks or material in group as this compromises the safe space. Facilitators will be happy to share material with group participants when able and as requested.
- ✦ Treat staff and other group members with respect and an openness to learn. Understand that everyone has different thoughts and opinions.
- ✦ Be responsible for your own actions, attitudes, and words. Use "I" statements. No unsolicited advice or comments. Ask for permission before offering suggestions to others. Please do your best to avoid personal comments and side conversations while in the group space.
- ✦ Please practice appropriate "on-camera etiquette" and feel free to turn your camera on/off as needed.
- ✦ Be mindful of the time. Please call/video in to group a few minutes prior to the time outlined on the group calendar. Please note, there is a group lobby and you may have to wait a few minutes before being admitted by the facilitators (don't hang up!). Alternatively, you may not be admitted to a group if it has reached the maximum number of participants for that session.
- ✦ Be mindful of how you are feeling. If you need to leave the group for any reason, let the facilitators know beforehand whenever possible. Contact your worker directly or 24.7 Crisis (905-278-9036) if you require further support.