

# May 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 to be added to group(s).
- If you do not have a CMHA PD worker and are interested in joining our groups, contact Triage at 905-451-2123.
- 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/>
- **Stay up to date on CMHA PD services during COVID-19 by visiting:** <https://cmhapeeldufferin.ca/news/immediate-access-to-a-mental-health-worker/>

LEGEND		
= New group starting/new time	= Teleconference (phone only)	Note: Groups with a number beside the name run multiple sessions
= Peer led	= Videoconference & phone in options available	
= 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>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>3pm-4pm: Anxiety (4) </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>10:30am-11:30am: Wellness Check In </p> <p>~11am-12pm: Effective Communication Skills </p> <p>10am-11am: Bipolar </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>~5:30pm-6:30pm: Queer Minds (w. MOYO)</p>	<p>11am-12pm: Women's Group </p> <p>1pm-2pm: Employment Drop-In </p> <p>3pm-4:30pm: SMART Recovery (3) </p> <p>6:30pm-7:30pm: Depression (2) </p> <p><i>**Reminder: Employment Drop-In runs bi-weekly</i></p>	<p>~11am-12pm: Games </p> <p>1pm-2:30pm: Craft Group </p> <p>2pm-2:30pm: Fitness  (video mandatory)</p> <p>2:30pm-3pm: Mindfulness Meditation (1) </p> <p><i>**Note: Video is mandatory for Fintess Group</i></p> <p><i>**Reminder: Games Group will be held on the 1st Friday of each month!</i></p>



Mental Health Week May 3-9, 2021



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## **Virtual Group Descriptions**

**Anxiety Group** – 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)), Tuesday evening group (Anxiety (3)), or Anxiety (4) Monday afternoons. Options are available for both virtual and call in.

**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 Group** – 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)).

**Effective Communication Skills** – Communicating effectively can greatly reduce anxiety in your life. Knowing what to say to someone and how to say it can inspire you with confidence and improve your mood. This group will teach you all about the art of effective communication. Topics include: non-verbal, assertiveness, being non-confrontational, voice pitch and tone, and listening skills. After the four weeks are complete, we will have a fun activity that will encourage you put to all those learned skills to work. It's informative, fun and a great way to explore your creative side!

**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.

**Employment Drop-In** - Open support group for those who are working or wanting to work. There will be discussions around various employment topics that members bring to the table including: goals, barriers, questions about work ethics, problems they may be facing at work and looking for solutions, etc. Members will drive the conversation based on their needs and wants. Members can attend the group as needed. If you are wanting some solutions to work issues this is the group for you!

**Fitness Group** – Fitness group is an engaging virtual group that offers a facilitated cardio workout together! Join us for some fun movements, upbeat music, and a chance to bring some exercise into your routine. **Video is mandatory to participate.**

**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.

**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 live broadcast on various mental health topics hosted on our Instagram Page @cmha.recoverywest ! Tune-in every Tuesday and Thursday at 10:00am to watch live or check out past videos within the 'IGTV' section on the Instagram page.

**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.



### 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 welcome to share general information you have learned.
- ✦ Treat everyone with respect and an openness to learn.
- ✦ Be responsible for your own actions, attitudes, and words. Use “I” statements. Ask for permission before offering suggestions to others.
- ✦ Devote your time in group to the group.
- ✦ Please practice appropriate “on-camera etiquette” and feel free to turn your camera on/off as needed. Please mute your microphone unless you are speaking.
- ✦ Please do not take photos or screenshots of folks or material in group. Facilitators will be happy to share material with group participants when able and as requested.
- ✦ Be mindful of how you are feeling. If you need to leave the group let the facilitators know beforehand whenever possible.  
If needed, reach out to those in your support network. **24.7 Crisis Support Peel Dufferin, 905-278-9036 or 888-811-2222.**

### Helpful tips for new members:

- ✦ Please refrain from sharing group conference IDs and videoconference links. This will ensure we maintain a safe virtual space.
- ✦ Please join the group on time or up to 5 minutes early. Participants may not be admitted after group norms have been reviewed.
- ✦ There is a group lobby and you may have to wait a few minutes before being admitted by the facilitators. You may not be admitted to a group if it has reached the maximum number of participants for that session.
- ✦ 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.
- ✦ If you need to take another call avoid putting the group on hold as it creates a “beeping” noise. The facilitators will readmit you if you let them know you will be returning.