

# July 2022

## CMHA PD In Person Groups Calendar



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

IG @cmhapeeldufferin

IG @cmha.recoverywest

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### NOTE:

- Please discuss with your CMHA PD worker to be added to group(s).
- **Groups are subject to change.** For the most up to date group updates, visit @cmha.recoverywest on Instagram or <https://cmhapeeldufferin.ca/programs-services/recovery-west/>
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**In person groups are by invite only!**  
**See group descriptions on page 2 for registration process.**  
 (Recovery West Café @ 601-7700 Hurontario St., Brampton)

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
<p><b>12:30-2:30pm:</b> WRAP (8 weeks – ending July 11, 2022) 🗓️📌</p> <p><b>9am-2pm:</b> Career Center Drop In (Fran)</p>	<p><b>2-3pm:</b> Mindfulness 🗓️🗓️</p>	<p><b>10:30am-12:00pm:</b> Peer Drop In 🗓️🗓️</p> <p><b>9am-4pm:</b> Career Center Drop In (Fran)</p> <p><b>3-7pm:</b> Drop In 🗓️🗓️</p>	<p><b>11am-12pm:</b> Women's Group 🗓️🗓️</p> <p><b>3-7pm:</b> Drop In 🗓️🗓️</p>	<p><b>REMINDER: CLOSED CANADA DAY – JULY 1</b></p>
<p><b>LEGEND:</b></p> <p>🗓️ = New group starting/new time</p> <p>🗓️ = Peer led</p> <p>📌 = Closed group (ensure you are signed up!)</p> <p>FULL = Group FULL (check back for updates weekly!)</p>		<p><b><u>CMHA PD recognizes the following days of importance within our community:</u></b></p> <p>✂️ July 1 – Canada Day</p> <p>✂️ July 24 – International Self Care Day</p>		<p>Stay up to date on CMHA PD services during COVID-19 by visiting the link below:  <a href="https://cmhapeeldufferin.ca/news/immediate-access-to-a-mental-health-worker/" style="color: white;">https://cmhapeeldufferin.ca/news/immediate-access-to-a-mental-health-worker/</a></p> <p><b>CMHA PD Virtual Groups Calendar:</b>  <a href="https://cmhapeeldufferin.ca/programs-services/recovery-west/" style="color: white;">https://cmhapeeldufferin.ca/programs-services/recovery-west/</a></p>

### **In Person Group Descriptions & Sign Up Process**

**Career Center Drop In** – Open to CMHA PD clients (connected with a worker from any CMHA PD program) needing support with resumes, job search, volunteer search, and other employment related needs!

*Sign up:* Once registered, please phone career center drop in staff (Fran K) each day to confirm appointment time.

**Drop In** – Open to all folks (CMHA clients and non-registered) in the Peel Dufferin regions looking for space to connect and socialize with peers.

*Sign up:* – Please phone drop in staff (Cathy B, Mackenzie G, Racha R, Sylvanna V) to confirm spot **before** attending.

**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. This is an in person group – by invite only.

*Sign up:* Once registered, please text Ramneet B or Rebecca S the Monday before group on Tuesday to confirm spot.

**Peer Drop In** - A group that allows for social interaction and discussion regarding any subjects related to recovery. This is an in person group – by invite only.

*Sign up:* Facilitators will phone clients Monday/Tuesday before group to confirm spot.

**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. This is an in person group – by invite only.

*Sign up:* Once registered, please text Debby B or Sylvanna V Monday to Wednesday before group on Thursday to confirm spot.

**WRAP** - Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want. With WRAP, you can:

- Discover simple, safe, and effective tools to create and maintain wellness
- Develop a daily plan to stay on track with your life and wellness goals
- Identify what throws you off track and develop a plan to keep moving forward
- Gain support and stay in control even in a crisis

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

*Sign up:* Facilitators will contact registered clients prior to group start.



Canadian Mental  
Health Association  
Peel Dufferin  
Mental health for all

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

### 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.
- ✦ 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.**