



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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

LEGEND:

= New group or event/new time

= Peerled

= Recovery College Course (pre-registration required)

May 2025 – Online Groups

See pg. 2 for group descriptions and how to join

Monday	Tuesday	Wednesday	Thursday	Friday
CMHA PD recognizes the following days of importance within our community: May 5th - National Day of Awareness for Missing and Murdered Indigenous Women and Girls May 5-11th - Mental Health Week May 17th - International Day Against Homophobia, Transphobia and Biphobia (IDAHOTB) May 24th - Schizophrenia and Psychosis Awareness Day			1 11am-12pm: Women's Group 2-3pm: Parallel Realities 2-3pm: Anxiety PM	2 11-11:30am: Mindfulness Meditation 2:30-3:30pm: Weekend Recovery Prep
5 11am-12pm: Depression 2:30-3:30pm: Hearing Voices 3:00-4:00: Mindfulness Chronic Pain Management	6 10-11am: Anxiety AM 10-11am: Creative Writing 11am-12pm: Self Esteem 1-2:30pm: SMART Recovery 2-3pm: Mindfulness	7 6:00-7pm: Queer Minds (w. MOYO)	8 11am-12pm: Women's Group 2-3pm: Parallel Realities 2-3pm: Anxiety PM	9 11-11:30am: Mindfulness Meditation 2:30-3:30pm: Weekend Recovery Prep
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Want to join? For online group links, call (905) 451-2123 x4. Most groups are also available by telephone. For group updates, changes, or cancellations, follow us!



@cmha.recoverywest



@RecoveryWest



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<p>Anxiety Group - This group focuses on peer support, education, skill building and provides participants with an opportunity for discussion on assorted topics related to anxiety.</p> <p>Addictions Support – a peer led, harm reduction group for anyone looking to create a healthier relationship with substances.</p> <p>Depression Group - This is an open forum where members bring forward depression topics such as coping, self-care and recovery. Peer support is a key element of this group.</p> <p>Creative Writing – This group allows individuals to express themselves and / or their experiences positively through different mediums of writing. Learning and growth for those of all expertise levels!</p> <p>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.</p> <p>Life Skills – Everyday skills to help with independent living. Each session includes a theory part and hands-on activity to practice what you’ve learnt.</p> <p>Knit Wits! Get your knit on! Bring your knitting, crochet, or other crafts and enjoy a chat with friends. Bring your knitting, crochet, or other crafts and enjoy a chat with friends.</p>	<p>Men’s Group - A space where men can be comfortable expressing how they feel by reinforcing positive coping strategies and supportive discussion. This group is open to all men and masculine-identifying people</p> <p>Member’s Meeting - A monthly meeting of Recovery West members, staff, and management to provide updates, discuss program matters, and provide feedback.</p> <p>Mindfulness - This group, inspired by MBCT and MBSR, helps participants manage challenges while fostering awareness and gratitude to embrace life’s joys.</p> <p>Mindfulness Chronic Pain Management - We incorporate both mindfulness-based practice and a holistic approach to cope with physical pain. This group provides you with the tools and techniques to cope with your physical pain.</p> <p>Mindfulness Meditation - This group explores methods of cultivating mindfulness using meditation. We follow guided meditations such as body scans, self-compassion, and lovingkindness and discuss simple tips and tools to incorporate mindfulness into daily life.</p> <p>Housing First - A peer support group for anyone who is unhoused, underhoused, or dealing with housing related stress.</p> <p>Parallel Realities - An open group for individuals who experience parallel forms of reality (psychosis). This is a space to celebrate our exceptionalities and support each other.</p>	<p>Self Esteem - A group 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 topics including (but not limited to) core beliefs, self-evaluation and challenging negative assumptions.</p> <p>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. Participants learn how to change self-defeating thinking, emotions, and actions while working towards long-term satisfaction and quality of life. This group is offered on the Zoom platform and is open to all.</p> <p>Weekend Recovery Prep – Welcome to Weekend Recovery Prep! We’re here to help you navigate your weekend while staying committed to your mental health journey. Weekends can be tough, so this group shares tips to avoid triggers, handle challenges, and set up your weekends for success when other resources might not be available. Join us to stay on track and feel supported every step of the way!</p> <p>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 group is open to all women and feminine-identifying people.</p> <p>Queer Minds - Queer Minds is a social space for individuals who identify as 2SLGBTQ+, aged 16+. Connect with community and gain knowledge and support. This group is a collaboration between CMHA Peel Dufferin and MOYO Health & Community Services.</p>
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