


































































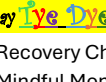












LEGEND:

-  = New group or event/new time
-  = Peer led
-  = Recovery College Course (pre-registration required)

July 2025 – In Person Recovery West

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: July 1 st – Canada Day July 24 th – International Self Care Day July 30 th – International Day of Friendship				
7 10:30-11:30: Anxiety Group  12:30-1:30: Cooking & Baking  2:00-4:00: WRAP  2:30-4:00: Homeless support drop-in  3:00-4:00 BINGO! 	8 11-12: Voices & Parallel Realities  12:00-2:00: Life Skills  2:30-3:30: Reflective writing  2:30-3:30: Street Soccer at SaveMaxComplex 4:00-5:00: Knit Wits (every 2 weeks)  5:00-6:00: Men's Group 	9 11:30-12:30: Wellness Walk  1:00-2:00: Creative Outlets  2:30-3:30: Recovery Chat PM  5:00-5:30: Mindful Moments 	10 10:30-11:30: Sip & Share  11:30-12:30: Career Kickstart  12:30-1:30: Addictions Support  1:30pm-2:30: Game time  2:30-3:30: Billiards Banter 	4 Drop In Closed
14 10:30-11:30: Anxiety Group  12:30-1:30: Cooking & Baking  2:00-3:30 Trauma & PTSD! 	15 11-12: Voices & Parallel Realities  12:00-2:00: Life Skills  2:30-3:30: Reflective writing  2:30-3:30: Street Soccer at SaveMaxComplex 5:00-6:00: Men's Group 	16 11:30-12:30: Wellness Walk  1:00-2:00: Creative Outlets  2:30-3:30: Recovery Chat PM  5:00-5:30: Mindful Moments  5:30-6:30: Housing First 	17 	11 Drop In Closed 
21 10:30-11:30: Anxiety Group  12:30-1:30: Cooking & Baking  2:30-4:00: Homeless support drop-in  2:00-3:30 Trauma & PTSD! 	22 11-12: Voices & Parallel Realities  12:00-2:00: Life Skills  2:30-3:30: Reflective writing  2:30-3:30: Street Soccer at SaveMaxComplex 4:00-5:00: Knit Wits (every 2 weeks)  5:00-6:00: Men's Group 	23 11:30-12:30: Wellness Walk  12:30-2:00: Creative Outlets  2:30-3:30: Recovery Chat PM  5:00-5:30: Mindful Moments  	24 10:30-11:30: Sip & Share  11:30-12:30: Career Kickstart  12:30-1:30: Addictions Support  1:30pm-2:30: Game time  2:30-3:30: Billiards Banter 	25 
28 10:30-11:30: Anxiety Group  12:30-1:30: Cooking & Baking  2:00-3:30 Trauma & PTSD!  2:30-4:00: Homeless support network drop-in 	29 11-12: Voices & Parallel Realities  12:00-2:00: Life Skills  2:00-3:00: FASD Info Session ft. Nurse Nabeel 2:30-3:30: Reflective writing  2:30-3:30: Street Soccer at SaveMaxComplex 5:00-6:00: Men's Group 	30 11:30-12:30: Wellness Walk  1:00-2:00: Creative Outlets – Friendship Day  Iye Dye Edition  2:30-3:30: Recovery Chat PM  5:00-5:30: Mindful Moments  5:30-6:30: Housing First 	31 10:30-11:30: Sip & Share  10:00-12:30: REGEN ID CLINIC  11:30-12:30: Career Kickstart  12:30-1:30: Addictions Support  1:30pm-2:30: Game time  2:30-3:30: Billiards Banter 	RW Drop in Hours: Mon 10am – 4pm Tues 10am – 7pm Wed 10am – 7pm Thurs 10am – 4pm



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

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

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.

Addictions Support – a peer led, harm reduction group for anyone looking to create a healthier relationship with substances.

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.

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!

Creative Outlets – A guided one-hour art group that encourages self-expression and creativity in a safe, supportive space. Participants can follow along with the activity or bring their own craft to work on freely.

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.

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.

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.

Mindful Moments: Take a mindful pause with us in this 30-minute group focused on grounding and self-connection. Through simple, calming exercises, we'll create space to breathe, reflect, and reconnect with the present moment.

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

Member's Meeting - A monthly meeting of Recovery West members, staff, and management to provide updates, discuss program matters, and provide feedback.

Mindfulness - This group, inspired by MBCT and MBSR, helps participants manage challenges while fostering awareness and gratitude to embrace life's joys.

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.

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.

Housing First - A peer support group for anyone who is unhoused, underhoused, or dealing with housing related stress.

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

Recovery Chat - Open forum where we sit together in a circle formation style & talk about all things mental health, addiction, and wellness. It's a safe space to speak freely, be heard, and find support without judgment.

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.

SMART Recovery - This Zoom group supports anyone abstaining from or considering abstinence from addictive behaviours. It focuses on changing harmful thoughts, emotions, and actions to build a healthier, more fulfilling life. Open to all.

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!

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.

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.