Legend
~~ = New group or event/new time
🗣 = Discussion-led group

November 2026: Recovery West In-Person Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10:30-11:30:** Anxiety Group 🗣 **1:30-2:15:** Mobility/Stretch **2:30-3:30:** Troubling Habits 🗣	3 **11:00-12:00:** VPR 101 **12:30-2:00:** Men's Group 🗣 **2:15-3:15:** Reflective Writing 🗣 **4:30-5:30:** Depression Group 🗣 **5:30-6:30:** Knit Wits 🗣	4 **11:00-12:00:** Creative Outlets **2:00-3:00:** Recovery Chat 🗣 **5:00-5:30:** Mindful Moments	5 **10:30-11:30:** Sip n' Share **11:00-1:00:** Income Support Dropin **1:00-2:00:** Women's Wellness Group *(Boardroom)*	6 **11:00-12:00:** Mental Health Matters 🗣 **2:45-3:45:** Music Group 🗣
9 **10:30-11:30:** Anxiety Group 🗣 **12:00-2:00:** Diwali Celebration **1:30-2:15:** Mobility/Stretch **2:30-3:30:** Troubling Habits 🗣	10 **11:00-12:00:** VPR 101 **12:30-2:00:** Men's Group 🗣 **2:15-3:15:** Reflective Writing 🗣 **4:30-5:30:** Depression Group 🗣 **5:30-6:30:** Knit Wits 🗣	11 **11:00-11:30:** Remembrance Day - Moment of Silence **11:00-12:00:** Creative Outlets **12:30-1:30:** End of Summer BBQ **2:00-3:00:** Recovery Chat 🗣 **5:00-5:30:** Mindful Moments	12 **10:30-11:30:** Sip n' Share **11:00-1:00:** Income Support Dropin	13 **11:00-12:00:** Mental Health Matters 🗣 **2:45-3:45:** Music Group 🗣
16 **10:30-11:30:** Anxiety Group 🗣 **1:30-2:15:** Mobility/Stretch **2:30-3:30:** Troubling Habits 🗣	17 **11:00-12:00:** VPR 101 **12:30-2:00:** Men's Group 🗣 **2:15-3:15:** Reflective Writing 🗣 **4:30-5:30:** Depression Group 🗣 **5:30-6:30:** Knit Wits 🗣	18 **11:00-12:00:** Creative Outlets **2:00-3:00:** Recovery Chat 🗣 **3:30-4:15:** Members' Meeting **5:00-5:30:** Mindful Moments	19 **10:30-11:30:** Sip n' Share **11:00-1:00:** Income Support Dropin **1:00-2:00:** Women's Wellness Group *(Boardroom)*	20 **11:00-1:00:** Mental Health Matters (Movie Showing) 🗣 **2:45-3:45:** Music Group 🗣
23 **10:30-11:30:** Anxiety Group 🗣 **1:30-2:15:** Mobility/Stretch **2:30-3:30:** Troubling Habits 🗣	24 **11:00-12:00:** VPR 101 **12:30-2:00:** Men's Group 🗣 **2:15-3:15:** Reflective Writing 🗣 **4:30-5:30:** Depression Group 🗣 **5:30-6:30:** Knit Wits 🗣	25 **11:00-12:00:** Creative Outlets **2:00-3:00:** Recovery Chat 🗣 **5:00-5:30:** Mindful Moments	26 **10:30-11:30:** Sip n' Share **11:00-1:00:** Income Support Dropin	27 **11:00-12:00:** Mental Health Matters 🗣 **1:00-2:00:** RW Pie Day **2:45-3:45:** Music Group 🗣
30 **10:30-11:30:** Anxiety Group 🗣 **1:30-2:15:** Mobility/Stretch **2:30-3:30:** Troubling Habits 🗣				

Drop-In hours: Monday 10:00-4:00, Tuesday 10:00-7:00, Wednesday 10:00-7:00, Thursday 10:00-4:00 Friday 10:00-4:00

***601* – 7700 Hurontario Street Brampton ON L6Y 4M3**

"Rediscover your peace, empower your recovery journey"

Monthly Recognition & Awareness Days
November 1-30: Movember (Men's Mental Health Awareness)
November 8: Beginning of Diwali
November 11: Remembrance Day

PEER SUPPORT GROUPS

Anxiety Group – This peer-led group discusses challenges with anxiety and how to manage them.

Troubling Habits – An educational conversation about consciously making positive choices to reduce impulsive behaviours.

Depression Group – A welcoming and uplifting space to connect with others, find understanding and discover hope while living with depression.

Men's Group – Includes conversations on healthy relationships, boundaries, and communication, and occasional outings to local parks for walks and recreational activities. *Note: Topics and activities are chosen weekly by attending members*.

Mental Health Matters (formerly Bipolar Group) – A safe, peer-led space for individuals to share experiences, learn strategies, and build connections to help navigate the ups and downs of living with bipolar disorder.

Recovery Chat – Join us to talk about all things related to mental health, addiction, and wellness. A place to speak freely, be heard, and find support without judgement.

Voices & Parallel Realities (VPR 101) – For individuals who experience parallel forms of reality, such as hearing voices or other unique perceptions. We'll celebrate our exceptionalities, share experiences, and learn coping skills in a supportive setting.

Women's Wellness Group – An education-based women's group that explores self-esteem, emotional awareness, and personal growth through a woman-centred lens

ARTS & ACTIVITY

Creative Outlets - Engage in a variety of arts and crafts to support mental well-being and encourage creativity and artistic expression. No artistic skills needed!

Mindful Moments – Take a mindful pause in 30-minutes focused on grounding and connecting to the present moment.

Mobility/Stretch – 45 minutes of gentle stretching, relaxation and mindful breathing. You will be guided through simple movements to improve flexibility, release muscle tension, and increase body awareness.

Music Group – Join us to jam to some tunes and enjoy the benefits of music for our mental health. No musical skills or experience required!

Reflective Writing – A moment for journalling using guided prompts to help explore our thoughts, feelings and experiences.

OTHER GROUPS & SUPPORTS

- **Knit Wits** – Knitting, crocheting, and yarn crafts for all skill levels.
- Sip n Share – Relax, sip, and socialize over a free tea or coffee.

Focus Groups – Join our upcoming focus groups to help shape the future of Recovery West! We're looking for member feedback and ideas to support the development of programs, events, and activities that reflect the interests and needs of our community.

Income Support Drop-In – An opportunity to meet with an Income Support Specialist who provides information to promote financial wellbeing.

Member's Meeting – A monthly meeting of Recovery West members, staff and management to provide updates, discuss programs, and share feedback. Third (3rd) Wednesday of every month.

RECOVERY COLLEGE

Students can register for courses on our online learning platform, **Kajabi**. You will be prompted to make and account and select your courses.

Once signed up, you will receive an email confirmation with the date and time of your course. Facilitators will send you a reminder **1-2 weeks** before the course starts. Need help with registration? Visit us in the **Career Centre** during **drop-in hours**!

To register, scan the QR code or go to https://cmha-peel-dufferin.mykajabi.com/RecoveryCollege

For groups taking place **after 5:00 PM**, please use the Recovery West **back patio entrance located at the rear of 601-7700 Hurontario Street.** Contact the **CMHA Peel Dufferin intake line (905) 451-2123** for inquiries about registration, cancellations, and any other information. You may also visit our **website: https://cmhapeeldufferin.ca/programs-services/** OR **follow us** on our socials on **Instagram - @cmha.recoverywest** and **Facebook – Recovery West**

Canadian Mental Health Association Peel Dufferin *Mental health for all*
Association canadienne pour la santé mentale Peel Dufferin *La santé mentale pour tous*