Legend
~~ = New group or event/new time
___ = Recovery College Course

November 2026: Recovery West Online Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10:00-11:00:** Emotional Regulation *(Recovery College Course)* **11:00-12:00:** Depression **2:30-3:30:** Hearing Voices	3 **10:00-11:00:** Anxiety AM **11:00-12:00:** Self-Esteem **2:00-3:00:** Mindfulness	4 **6:00-7:00:** Queer Minds (with MOYO)	5 **11:00-12:00:** Women's Group **2:00-3:00:** Anxiety PM	6 **11:00-11:30:** Mindfulness Meditation
9 **10:00-11:00:** Emotional Regulation *(Recovery College Course)* **11:00-12:00:** Depression **2:30-3:30:** Hearing Voices	10 **10:00-11:00:** Anxiety AM **11:00-12:00:** Self-Esteem **2:00-3:00:** Mindfulness	11 **6:00-7:00:** Queer Minds (with MOYO)	12 **11:00-12:00:** Women's Group **2:00-3:00:** Anxiety PM **2:00-3:00:** Parallel Realities	13 **11:00-11:30:** Mindfulness Meditation
16 **10:00-11:00:** Emotional Regulation *(Recovery College Course)* **11:00-12:00:** Depression **2:30-3:30:** Hearing Voices	17 **10:00-11:00:** Anxiety AM **11:00-12:00:** Self-Esteem **2:00-3:00:** Mindfulness	18 **3:30-4:15:** Member's Meeting **6:00-7:00:** Queer Minds (with MOYO)	19 **11:00-12:00:** Women's Group **2:00-3:00:** Anxiety PM **2:00-3:00:** Parallel Realities	20 **11:00-11:30:** Mindfulness Meditation
23 **10:00-11:00:** Emotional Regulation *(Recovery College Course)* **11:00-12:00:** Depression **2:30-3:30:** Hearing Voices	24 **10:00-11:00:** Anxiety AM **11:00-12:00:** Self-Esteem **2:00-3:00:** Mindfulness	25 **6:00-7:00:** Queer Minds (with MOYO)	26 **11:00-12:00:** Women's Group **2:00-3:00:** Anxiety PM **2:00-3:00:** Parallel Realities	27 **11:00-11:30:** Mindfulness Meditation
30 **10:00-11:00:** Emotional Regulation *(Recovery College Course)* **11:00-12:00:** Depression **2:30-3:30:** Hearing Voices				

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

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

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.

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.

Emotional Regulation – A 10-week course where peers come together to explore and practice ways to understand, manage, and respond to emotions constructively. Through cultivating self-awareness, guided discussions, and practical strategies, we will work towards a healthier insight into emotions. Topics may include Normalizing Emotions, Mindfulness, Mind/Body Connection, Grounding, and Identifying Stressors

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.

Member's Meeting - A monthly meeting of Recovery West members, staff, and management to provide updates, discuss program matters, and provide feedback. Every 3rd Wednesday of the month.

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

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.

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.

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.

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.

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.

Rediscover your peace, empower your recovery journey

RECOVERY WEST

Want to join? For online group links, call **(905) 451-2123 ext. 4**. Most groups are also available by telephone. For group updates, changes, or cancellations. You can also **Follow Us on Instagram and Facebook** to keep up to date!

@cmha.recoverywest

RecoveryWest