



Self Help Kitchener

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 Phone: (519) 570-4595 Fax: 519.744.7066



Visit us at www.cmhawwselfhelp.ca
 The Self Help Alliance
 Channel - selfhelpalliance

Please call or drop by for more information
HOURS: Mon to Fri: 9 AM – 5 PM

Peer Support Groups – Daytime August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
August is SURVEY MONTH! Complete a survey this month and have a chance at winning a \$25 grocery card.	1 Peers for Safer Living (Closed Group) 11:00-12:30 pm	2	3 Bowling Group Towne Bowl – 11:00 am	4 Please see our Recovery Centre Calendar
	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	
7 Civic Holiday Site Closed	8 Peers for Safer Living (Closed Group) 11:00-12:30 pm	9	10 Bowling Group Towne Bowl – 11:00 am	11 Please see our Recovery Centre Calendar
	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	
14 Curbing Your Inner Fears 1:30-3:00 pm	15 Peers for Safer Living (Closed Group) 11:00-12:30 pm	16	17 Bowling Group Towne Bowl – 11:00 am	18 Please see our Recovery Centre Calendar
	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	
21 Curbing Your Inner Fears 1:30-3:00 pm	22 Peers for Safer Living (Closed Group) 11:00-12:30 pm	23	24 Bowling Group Towne Bowl – 11:00 am	25 Please see our Recovery Centre Calendar
	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	
Volunteers' Training & Facilitators' Meeting 3:00-5:00 pm	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	Grieving Losses 3:30-5:00 pm
28 Curbing Your Inner Fears 1:30-3:00 pm	29 Peers for Safer Living (Closed Group) 11:00-12:30 pm	30	31 Bowling Group Towne Bowl – 11:00 am	Peace and Tranquility Daily between 12:30 – 1:30 pm Everyone Welcome!
	Games Group 12:30-2:30 pm		Depression & Anxiety 1:30-3:30 pm	



AUGUST 2017 – DAYTIME Peer Support Groups

Yoga Time: Cancelled for the month of August.

Peace and Tranquility: Daily. Are you stressed, anxious, frustrated or tense? Are you overwhelmed with daily challenges in your life? Is your overall well-being taking a hit? Take some time out of your day to provide your mind, body and soul the much needed self-care it deserves. Join us as we sit in silence with nothing but relaxing and calming music of meditation. This group is held on the basement level, Room B103. Everyone welcome!

Depression & Anxiety Peer Support Group: 3 groups per week. Participants are currently or have at some point experienced depression and/or anxiety. The goal is to talk, share experiences and useful information, and provide mutual support to promote and maintain optimal health. This group is held on the basement level, Room B103.

Bowling Group: Weekly. This group meets every Thursday morning at Towne Bowl (11 Ottawa St. N.). Cost – 1 game - \$4.75 including shoe rental. Join us for fun, social-time, & exercise. No registration required. Everyone welcome!

Curbing Your Inner Fears, “Walk the Right Way”: Weekly. This group provides an opportunity to learn new ways to cope with anxieties and share coping techniques in a non-judgmental setting. We will work together to tackle our fears. This group is held in the Rear Recovery room on the main level.

Games Group: Weekly. Come and enjoy this social time playing games with others. This group is held in the Rear Recovery room on the main level.

Grieving Losses: Weekly. Are you grieving the loss of a loved one? a relationship? a job? Please join us to share your experience, mutual support, and learn ways to understand your grief in a supportive environment. Everyone is welcome. No registration is required.

Peers for Safer Living: Weekly. This is a closed group and is intended for individuals who have completed the 20-week Skills for Safer Living intervention group or the 20-week Ideation intervention group. This group is held on the basement level, Room B103. If you are interested in learning more about the 20 week intervention groups, please call (519) 570-4595 x 4063 to speak with a Coordinator.

Volunteers' Training & Facilitators' Meeting: Monthly. This is a chance for group facilitators and volunteers to come together to learn and discuss with one another. All volunteers are strongly encouraged to attend. This group is held in the Rear Recovery room on the main level.

Spark of Brilliance (Kitchener) Steering Committee. Did you know that all the workshops that take place in Kitchener are decided upon by volunteers at the Kitchener Steering Committee meetings, and that you could be a part of sharing your ideas and volunteering your talents? If you would like to be a part of this meeting, please email infor@sparkofbrilliance.org or call 519.763.4014 x 2355 / 1.888.255.2642 x 2355 for more information.

When participating in our services, all individuals are required to adhere to the Code of Conduct.



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