

Spring Guide



Canadian Mental
Health Association
Thames Valley
Addiction and Mental Health Services

Association canadienne
pour la santé mentale
Thames Valley
Services de santé mentale et de traitement des dépendances

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* A reliable internet connection with camera & microphone is necessary for Virtual Groups
In person groups will have a requirement for masking. Masks will be available.

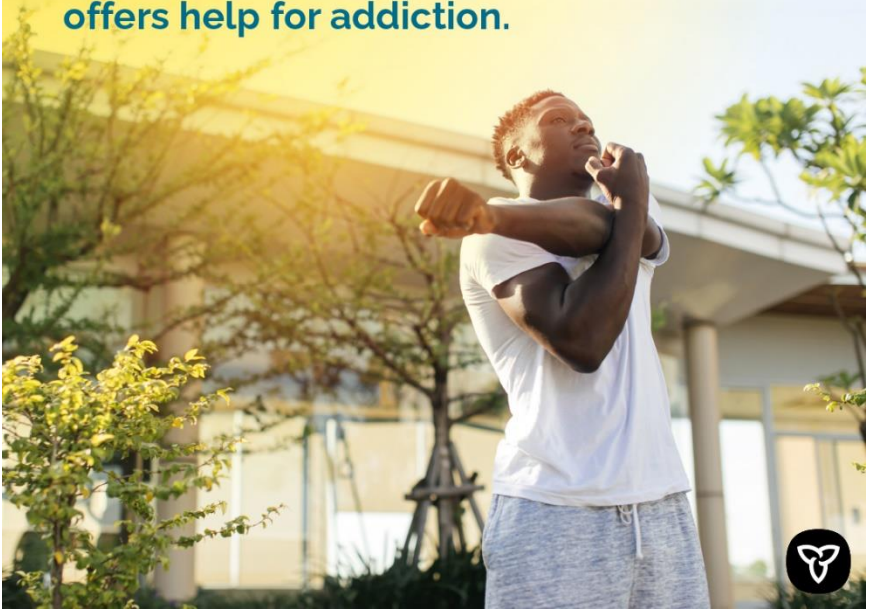
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**CMHA Thames Valley Addiction and Mental Health Services
acknowledges the land on which we gather is the
traditional territory of the Anishinaabek (39 Indigenous
Nations), Haudenosaunee (6 Iroquois Nations), Wendat
(Huron Nation), Attawandaron (Neutral Nation), and Leni
Lenape (Delaware Nation).**

Change starts today.

Breaking Free Online
offers help for addiction.



Learn more at www.breakingfreeonline.ca

COVID-19 Group/Workshop Update

Due to the ongoing pandemic and to adhere to all public health and safety guidelines, we have had to adjust how we provide community wellness and group programming at CMHA Thames Valley Addiction and Mental Health Services.

Our upcoming programs and workshops will be provided in a variety of ways, including in-person and virtually. Please note that all virtual programs will require an internet connection, computer, and may require other accessories such as a functional webcam or microphone. Details on programs are listed in this program guide as well as on our legacy website: www.cmhamiddlesex.ca/learn

If you have questions or require more information on a group listed in our program guide, please reach out to the facilitator.

If you need immediate mental health and/or addictions support, call or text Reach Out 24/7 at 519-433-2023 or connect through webchat at www.reachout247.ca

In-person and Walk-in Mental Health and Addiction Support

Elgin

Available at 110 Centre Street, St. Thomas, N5R 3K1
Monday to Friday, 8:30 am - 4:00 pm

Available at St. Thomas Elgin General Hospital (STEGH) access through
Emergency Department entrance
189 Elm Street, St. Thomas ON, N5R 5C4
Seven days a week, 9:00 am – 7:00 pm

Middlesex

Available at 648 Huron Street, London ON, N5Y 4J8
24/7 including holidays and weekends

Available at 21 Richmond Street, Strathroy, N7G 2Y8
Monday to Friday, 8:30 am - 4:30 pm

Also available at Strathroy Middlesex General Hospital Emergency
Department, 395 Carrie Street, Strathroy ON, N7G 3J4
24/7 including holidays and weekends

Oxford

Available at 522 Peel Street, Woodstock ON, N4S 1K3
Monday to Friday, 9:00 am – 4:00 pm

Crisis Support also provided to individuals at Alexandra Hospital in
Ingersoll and Tillsonburg District Memorial Hospital in Tillsonburg.

Where to Find Us

Note: We are in the process of relocating some of our sites. Please check our website www.cmhatv.ca and social media pages for the most up-to-date information on our locations.

London

200 Queens Ave, Suite 260, London ON, N5P 2V1

Phone: 519-673-3242 x 222

Hours: M – F, 8:30am – 4:30pm

Crisis Centre

648 Huron Street, London ON, N5Y 4J8

Phone: 519-434-9191

Hours: Open 24/7

My Sisters' Place

566 Dundas Street, London ON, N6B 1W8

Phone: 519-204-4719

Hours: M – F, 12:00pm – 1:00pm and 3:00pm – 4:00pm,

Saturday – Sunday, 11:00am – 1:00pm

London Coffee House

361 Hamilton Road, London ON, N5Z 1R7

Phone: 519-204-4719

Hours: M – F, 9:00am – 1:00pm and 4:30pm – 8:30pm;

weekends and holidays, 10:00am – 1:00pm

Rapid Access Addiction Medicine (RAAM) Clinic

200 Queens Ave, 2nd Floor, London ON, N5P 2V1

Phone: 519-673-3242 x 281

Hours: Mondays, 8:30am – 3:30pm; Tuesdays, 8:30am – 11:30am;

Wednesdays, 7:30am – 10:30am; Thursdays, 8:30 am – 3:30 pm

County of Elgin

110 Centre St, **St. Thomas** ON, N5R 2Z9

Phone: 519-633-1781

Toll-Free: 1-855-633-1781

Hours: M – F, 8:30am – 4:30pm

10 Mondamin St, **St. Thomas** ON, N5P 2V1

Phone: 519-673-3242 x 222

Hours: M – F, 8:30am – 4:30pm

Counties of Middlesex & Huron

21 Richmond Street, **Strathroy** ON, N7G 2Z1

Phone: 519-245-0120

Toll-Free: 1-888-216-6716

Hours: M – F, 8:30am – 4:30pm

274 Huron Road, **Goderich** ON, N7A 3A2

Phone: 519-440-0450

Hours: M – F, 9:30am – 4:30pm

149B Thames Road West, **Exeter** ON, N0M 1S3

Phone: 519-235-0335

Hours: M – F, 8:30am – 4:30pm

County of Oxford

522 Peel St, **Woodstock** ON, N4S 1K3

Phone: 519-539-8055

Toll-Free: 1-800-859-7248

Hours: M – F, 9:00am – 4:00pm

41 Broadway St, **Tillsonburg** ON, N4G 3P4

Phone: 519-842-8869

Hours: M – F, 8:30am – 4:30pm

Upcoming Days of Significance












International Women's Day | March 8
Spring Equinox | March 20
World Down Syndrome Day | March 21
First Day of Ramadan | March 22
Autism Awareness Day | April 2
Passover | April 5
Good Friday | April 7
World Health Day | April 7
Easter Monday | April 10
Last Day of Passover | April 13
Last Day of Ramadan | April 20
Earth Day | April 22
Mother's Day | May 14
Victoria Day | May 21
Schizophrenia & Psychosis Awareness Day | May 24

Elgin

Registration for all Elgin Social Rehabilitation groups will be done by calling or emailing with the Social Rehabilitation team.

Intake must be completed prior to registration.

Contact 519-633-1781 ext. 3282 or social.rehabilitation@cmhatv.ca

Icon Legend			
	Virtual Group		Physical Wellness & Health
	Drop in/open Group ongoing registration		Personal Awareness & Growth
	Hybrid virtual and in-person sessions at the same time		Social & Leisure
	Blended Group in-person and virtual sessions		Creativity & Expression
	In Person group location will be sent out prior to group start		Peer Support Program
	Closed group runs for set number of sessions		

Communication Workshop

This workshop is intended to help support individuals' goals in becoming more comfortable speaking with peers, building relationships, and developing a better understanding of how to communicate more effectively in everyday life.

Dates	Day	Time
Starting April 6	Thursdays	TBA
See program calendar for timing and location of workshop		

Get Up Get Moving

From your brain to your joints, moving every day has the power to improve every part of your body. This program is designed to support participants with starting their day with different activities and movements from exercise balls, weights, stretching – there is something for everyone.

Dates	Day	Time
April 4 – May 30	Tuesdays	10 - 11 am
April 6 – May 25	Thursdays	10 -11am
See program calendar for timing of workshop		

Mood Walk

A program that offers members a chance to hike & enjoy green spaces, trails in and around Elgin County. A chance to have good conversations, enjoy nature, and get some exercise! Hikes are approximately 3-5km in length.

Dates	Day	Time
March 1 – May 31	Wednesdays	9:30 – 11:30 am
Walk locations will be communicated prior to walk		

Photography Club

Whether you are new to the world of photography or a pro, this program is for you! A chance to explore the community, socialize with fellow members and snap some pictures of nature, buildings, art and everything in between!

Dates	Day	Time
March 2 – April 27	Thursdays	1 – 3 pm
Locations will be announced each week		

Pre-Employment Workshop Certificate Program














This workshop series consists of 6 days from 9am-3 pm over a 2-week period and covers the following topics: Communication Skills, Teamwork, Anger & Conflict Management, Social media & work, Stress Management & Self-Care, Career Planning & Exploration, Job Search skills, Resume & Interview skills.

Dates	Time	Registration via email
Mar 20 - Mar 31	9 am – 3 pm	michelle.crocker@cmhatv.ca
Registration will be limited to 10 people, offered quarterly. Registration will be during the week March 6 -10		

Exeter

Registration for all Exeter Community Wellness groups will be done by calling or emailing the Exeter office 519-235-0335 ext. 4450 or lisa.morton@cmhatv.ca

All groups are in person unless otherwise noted.

Icon Legend			
	Virtual Group		Physical Wellness & Health
	Drop in/open Group ongoing registration		Personal Awareness & Growth
	Hybrid virtual and in-person sessions at the same time		Social & Leisure
	Blended Group in-person and virtual sessions		Creativity & Expression
	In Person group location will be sent out after registration		Peer Support Program
	Closed group runs for set number of sessions		

Anger Solutions

The Anger Solutions Program helps individuals develop appropriate ways to express and resolve their anger. Built on a Psychosocial Rehabilitation foundation, Anger Solutions incorporates the best of several evidence-based therapeutic models including Cognitive Behavioural Therapy, Rational Emotive Therapy, Assertiveness Training and Solution Focused/Brief Therapy principles. This workshop will run for eight weeks.

Dates	Day	Time
April 13 – June 1	Thursdays	10:00 am - 11:30 am
Location: 149B Thames Road West, Exeter		

Bookworms Club

Come and join us in an open, friendly and sociable atmosphere where we will explore books together. We will do some exploring by reading and talking about a chosen book. You will be able to express your opinions, likes and dislikes to one another about a book in a comfortable social setting.

Dates	Day	Time
Feb 7 - Ongoing	Tuesdays	10:30 am - 11:30 am
Location: Exeter Library, 330 Main St. S, Exeter		

Chair Yoga

Intended for people interested in improving their cardiovascular health, strengthening their muscles and balance. Chair yoga is a gentle form of yoga that is practiced sitting on a chair for support.

Dates	Day	Time
Feb 1 - Ongoing	Mondays, Fridays	10 am - 11 am

Creative Art Program

Come on out and share your artistic abilities! This program promotes a wonderful opportunity to create your own masterpieces by learning about the different mediums (paints) and techniques. Art is an expression of our imagination, creative skills and creates emotional power and beauty.

Dates	Day	Time
Feb 1 - Ongoing	Wednesdays	1 pm - 3 pm

Emotional Regulation

Eight-week workshop promotes the ability to take control over our own emotional state. It helps people to rethink challenging situations to reduce feelings of anxiety, anger, hiding visible signs of fear and sadness or focusing on reasons to feel calm and happy.

Dates	Day	Time
Feb 1 – March 23	Thursdays	10 am – 11 am

Healthy Living

This *eight-week* workshop promotes maintaining a healthy lifestyle by changing the way we think about food and how our emotions can affect our eating habits and choices.

Dates	Day	Time
Feb 1 – March 28	Tuesdays	1 pm - 2 pm

Game Day

Fridays are for FUN! Please join us for Friday fun and games.

Dates	Day	Time
March 3 - ongoing	Fridays	1 pm - 3 pm

Leisurely Walk












This program incorporates physical exercise and promote socializing among others and having fun while doing so. We will explore different trails, sights and sounds around us.

Dates	Day	Time
Feb 1 - Ongoing	Monday & Thursday	1 pm - 2 pm

Mindfulness Meditation Workshop


This program teaches us how to be in the present moment without judgement. Mindful meditation also slows down our racing thoughts, letting go of negativity and calms the body.

Dates	Day	Time
Feb 1 - Ongoing	Wednesdays	10 am – 11 am

Icon Legend			
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	In Person group location will be sent out prior to group start		Peer Support Program
	Closed group runs for set number of sessions		

Drop In


Join us at the Woodstock office to say hello, play some cards, make a craft, socialize or just relax! For a small cost, you can also enjoy a coffee, soda or snack. We hope to see you there!

	Dates	Day	Time
	Ongoing	Mondays, Tuesdays, Thursdays, Fridays,	10 am - 3 pm
	For more information: oxford.peers@cmhatv.ca In person at 522 Peel Street, Woodstock, ON		

Shower Hour


Program offers basic personal hygiene supports including, access to a shower and dental supplies; Peer Support staff are onsite to connect with people as needed. Group is open to anyone in need of hygiene supports in the Oxford area.

Offered in partnership with the Ingersoll Nurse Practitioner-Led Clinic (INPLC)

	Dates	Day	Time
	Ongoing	Mondays	10 am -11:30 am
	For more information: please call or text 519-608-1400 In Person at 19 King Street, Ingersoll, ON		


WeCcovery 2.0

This group is meant to create a sense of hope and inspiration for people looking to explore how they might overcome addictions related challenges and gain a sense of freedom. Group participants must have clear recovery goals that they are actively working on.

	Dates	Day	Time
	Mar 21 – May 9	Tuesday	12 pm - 1 pm
	For more information: pattie.monaghan@cmhatv.ca Virtual link will be sent out prior to start, in-person will be at 522 Peel St, Woodstock		

Wellness Social

Come on out to this Peer Support drop-in program at the Ingersoll Library, that offers the chance for people to connect and socialize with one another and explore your wellness needs.

	Dates	Day	Time
	Ongoing	Mondays	1 pm – 3 pm

For more information: call or text 519-608-1400
In-person at Ingersoll Library, 130 Oxford Street, Ingersoll, ON



Check out our monthly drop-in & workshop schedules:
brightsideyouthhub.ca





Follow us on social media:
[@brightsideyouth](https://www.instagram.com/brightsideyouth)

WHAT IS BRIGHTSIDE?

Brightside Youth Hub is a one-stop-shop for youth to get access to the services they need, when they need them, under one roof, at the right place and time. The services at Brightside are provided at no cost.

WHO'S IT FOR?

Brightside will be open for walk-ins to youth aged 12-25, with no referral necessary.

WHEN IS IT?

Every Wednesday from 2-5pm
Snacks and beverages are provided.

WHERE IS IT?

522 Peel St, Woodstock (CMHA Oxford building)

AVAILABLE SERVICES













Clinical Services
Primary Care • Mental Health & Substance Use Services


Skills & Well-Being Activities
Drop-in • Workshops • Training


Non-Clinical Services
Education • Employment • Housing • Community Outreach • Peer Support

London

Registration for all groups will be at www.cmhamiddlesex.ca/events/ unless otherwise noted.

Icon Legend			
	Virtual Group		Physical Wellness & Health
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	Hybrid virtual and in-person sessions at the same time		Social & Leisure
	Blended Group in-person and virtual sessions		Creativity & Expression
	In Person group location will be sent out prior to group start		Peer Support Program
	Closed group runs for set number of sessions		

Art of Letting Go

Six-week group supports our ability to practice acceptance and forgiveness through developing skills to help us “let go” from the things holding us back. This group will assist participants in learning: reasons to let go, how you know when it’s time to let go, ways and reasons to forgive, and feel the freedom from resentment.

Dates	Day	Time
May 17 – June 21	Wednesdays	2 pm – 4 pm
For more information: afsaneh.azari@cmhatv.ca or carolyn.petley@cmhatv.ca Location to be announced		

Anxiety Management Group

A six-week psychoeducational series for people living with anxiety that runs for 90 minutes, once per week. The group defines “anxiety” and provides strategies, resources and information based on the CBT model, mindfulness, and exposure therapy techniques via an online virtual platform.

No group April 10 due to Statutory Holiday

Dates	Day	Time
March 13 – April 24	Mondays	11 am -12:30 pm
For more information: Martha.mccallum@cmhatv.ca or Afsaneh.azari@cmhatv.ca Virtual link will be sent after registration		

Behind the Frontlines: Psychological Safety



Compassion fatigue, burn out, vicarious trauma, and work/life balance continue to be a challenge for our frontline workers and first responders. We've put together a six-week series of workshops for frontline workers to connect with people with shared experiences and address the topics of Burnout, taking care of yourself, civility, resolving conflict, supporting our staff/coworkers, and immediate response – postventions.

Workshop is targeted to frontline workers such as social workers, paramedics, crisis workers, nurses, PSWs, dispatch, fire/police and any other frontline field experiencing barriers to job satisfaction and psychological safety.

Dates	Day	Time
March 1 – April 5	Wednesdays	4 pm – 5:30 pm
April 12 – May 17	Wednesdays	4 pm – 5:30 pm
For more information: mikayla.koevoets@cmhatv.ca or paul.bryne@cmhatv.ca virtual link will be sent after registration		

Boost Your Self-Esteem


This six-week program will assist you in re-evaluating your beliefs and feelings about yourself. We will work towards acceptance of ourselves and how to become more positive.

Dates	Day	Time
March 15 – April 19	Wednesdays	12:30 pm - 2 pm
For more information: crystal.mckellar@cmhatv.ca Location information will be sent out after registration		

Breaking Free Community: Peer Group



Over seven sessions, we will explore together the impact of substance use on our emotional, physical and spiritual wellness. We will use the Breaking Free Online platform to support our learning and our personal growth, and connect with others along our journey.

	Date	Day	Time
	March 3 - Ongoing	Friday	3 -4 pm
	For more information: philip.longum@cmhatv.ca virtual link will be sent after registration		

Call of the Wild

Eight-week group will explore different categories of animals each week, while sharing fun facts, interesting research findings, jokes and entertaining videos. This is an opportunity for people to share their love of animals with other animal lovers. We will learn about local animal resources, engage in activities together, have a guest speaker, and explore potential field trip opportunities in the community.

Dates	Day	Time
March 16 – May 4	Thursdays	1 pm - 2:30pm
For more information: mikayla.koevoets@cmhatv.ca or crystal.mckellar@cmhatv.ca virtual link will be sent after registration		

Cards, Crafts and Games

Join us and feel at ease in this relaxed and friendly group environment while playing a game of cards, making a craft or playing a board game! An ongoing group, where we have fun, socialize, and enjoy some treats! *A partnership with CMHATV and Crouch Neighbourhood Resource Centre.*

Dates	Day	Time
March 7 - Ongoing	Tuesdays	1 pm - 3 pm
For more information: ulises.gonzalez@cmhatv.ca In Person: Crouch Neighbourhood Resource Centre/Library		

Clearing the Clutter (Drop-in Group)

This is an ongoing virtual group for those who have completed the nine-week Clearing the Clutter Support Group.

**Please note: you must have fully completed the eight-week clearing the clutter support group to attend.*

Day	Time	Registration
Tuesdays	1:30 pm - 2:30 pm	Via email
To Register: clearing.clutter@cmhatv.ca virtual link will be provided upon registration For more information: Kara 519-668-0624 ext. 1054 or Vanessa 519-676-9570		

Coffee Social

Human connections and relatedness are essential for health and well-being. Come join us, by enjoying a hot or cold beverage. This is a great opportunity for casual conversation and resource sharing with mutual peer support – registration required.

Dates	Day	Time
March 1 – May 31	Wednesday	10 am - 11 am
For more information: carolyn.petley@cmhatv.ca or crystal.mckellar@cmhatv.ca location will be sent out with registration		

Compassionate Communication

Join us as we examine the behaviours and thinking patterns that interfere with our ability to effectively communicate with the world around us. We will discuss how to strengthen our understanding of the feelings, needs, and wants of ourselves and others; and improve our ability to respond honestly and compassionately in the face of conflict and difficult situations.

Dates	Day	Time
April 14 – May 19	Fridays	2 pm – 4 pm
For more information: carolyn.petley@cmhatv.ca or mikayla.koevoets@cmhatv.ca Location to be announced		

Connecting to the Moment: Series 4

This program will introduce participants to skills which connect us to a life worth living. Participants will engage with other group members to learn and build skills of mindfulness, interpersonal effectiveness, emotional regulation and distress tolerance.

These skills will be presented over the course of four 8-week sessions. *Series 4:* Most approaches to mental health treatment focus on changing distressing events and circumstances. Distress tolerance skills emphasizes the benefits of learning to bear pain skillfully. Distress Tolerance skills are concerned with tolerating and surviving crisis and with accepting life as it is in the moment.

Note: This is not a clinical DBT group, will support people's understanding and practice of related skills.

Dates	Day	Time
March 21 – May 9	Tuesdays	11:30 am – 1:30 pm
For more information: carolyn.petley@cmhatv.ca or afsaneh.azari@cmhatv.ca virtual link will be sent after registration		

Creative Minds

We all need some time just to relax, but we also need some time to socialize. The Creative Minds group, will allow us to spend some time together virtually, while being creative and keeping calm. You can engage in colouring, art, doodling, knitting or any other personal projects – whatever activity you prefer to do! We just want to spend some time together!!

Notes: No group on April 10 or May 22 due to statutory holidays

Dates	Day	Time
March 6 - Ongoing	Mondays	1 pm - 2 pm
For more information: crystal.mckellar@cmhatv.ca or ulises.gonzalez@cmhatv.ca virtual link will be sent after registration		

Drawing on the Right Side of the Brain



Let's take time out of our busy lives and take the time to learn and practice the coping skill of art. Art and Mental Health have a long history of benefits, the purpose of this group is to bring those to light and share the skill building that can be used when feeling overwhelmed.

Dates	Day	Time
May 4 – June 8	Thursdays	3 pm - 4:30 pm
For more information: Carolyn.petley@cmhatv.ca or Ulises.gonzalez@cmhatv.ca Location will be sent out following registration		

Emotional Sobriety: Social/Psychological



One of the cornerstones of substance recovery is a concept called emotional sobriety. The idea is that substance users and others hoping to stay abstinent over the long haul must learn to regulate the negative feelings that can lead to discomfort, craving and -ultimately- relapse. Doing so is a lifelong project and requires cultivating a whole new way of thinking about life's struggles. This workshop focuses on the basics of emotional regulation in or around substance use recovery, definitions, concepts and practical tools to use in your journey in your recovery.

Notes: No group April 7 due to statutory holiday

Dates	Day	Time
March 17 – May 26	Fridays	10 am – 11 am
For more information: paul.byrne@cmhatv.ca or Mikayla.koevoets@cmhatv.ca virtual link will be sent after registration		

Feel the Beat


Music is a powerful tool that can be used to create a sense of connection to ourselves and the world around us. Join us in this monthly group as we share our appreciation of music, and find ways to increase the presence of it in our daily lives for our wellbeing.

Dates	Day	Time
March 23, April 27, May 25,	4 th Thurs each month	4:30 pm - 6 pm
For more information: mikayla.koevoets@cmhatv.ca or ulises.gonzalez@cmhatv.ca virtual link will be sent after registration		

Forging Ahead

This weekly drop-in group will serve as a space for people to connect, check-in, review BFO (Breaking Free Online) strategies, and share their successes and challenges related to their substance use.

Note: No group April 10, May 22 due to statutory holiday

	Time	Day	Time
	March 6 - Ongoing	Mondays	2 pm – 3:30 pm
	For more information: philip.longum@cmhatv.ca virtual link will be sent after registration		

Friday Warriors

Hey ... It's Friday! Looking for something fun to do and somewhere to meet new people – come join us, and be a Friday Warrior. An informal social gathering where as a group we decide together what topics and activities we take part in, some of these include: sharing stories, show and tell, games, trivia, social time, mindfulness and more! A place where the only main goal is to have fun and enjoy social time with others.

Note: No group April 7, due to Statutory holiday

Time	Day	Time
March 3 - Ongoing	Fridays	1:30 pm - 3 pm
For more information: crystal.mckellar@cmhatv.ca or ulises.gonzalez@cmhatv.ca virtual link will be sent after registration		



FRIENDSHIP

BENCH

A place to sit, a place to think, a place to reflect.

The Friendship Bench provides sustainable community based psychological interventions that are evidence based, accessible and scalable. In London, we are also creating a sense of belonging.

We know sometimes chatting about mental health can be hard with family and having someone to talk can help!

We have folks from Africa, Middle East, South and Central America! We will connect you with someone and start to from a friendship!

For information: ulises.gonzalez@cmhatv.ca

With NALA (Nigerian Association of London and Area) leading the charge, a number of agencies and like-minded individuals/volunteers participating in helping newcomers and folks from all around the world!

Green Thumb: Community Garden Preparation




Join us this spring program as we set out to develop a community garden, and connect with one another through the power of nature. We will work together to grow our own fresh vegetables, herbs, fruit and flowers! We will learn gardening skills and share in the feeling of success when we harvest our bounty!

Dates	Day	Time
May 4 – May 25	Thursdays	10:30 am - 12 pm
For more information: ulises.gonzalez@cmhatv.ca or afsaneh.azari@cmhatv.ca		
Location will be sent out following registration		

Harm Reduction 101

We will explore Harm Reduction philosophies and best practices. Topics will include Overdose Prevention, Good Samaritan Drug Overdose Act, safer drug use and safer sex.

	Time	Day	Begins - Ends
	Mar 24	Friday	9:30 am - 11:30 am
	April 21	Friday	9:30 am – 11:30 am
	May 19	Friday	9:30 am – 11:30 am
For more information: philip.longum@cmhatv.ca or paul.byrne@cmhatv.ca virtual link will be sent after registration			


Intersections

Creating a safe space for people that identify as 2SLGBTQIA+ or are questioning their sexuality or gender identity. Strengthen your peer support base and get connected to various community resources and Queer related events/functions. The group will include guest speakers, review and discussion of Queer culture, as well as social outings.

Time	Day	Time
Mar 2 – May 18	Virtual 1 st Thursday and In Person 3 rd Thursday each month	4 pm - 6 pm
For more information: mikayla.koevoets@cmhatv.ca or Flip Hallam		

Intro to Breaking Free


Breaking Free Online is a free online support tool designed to help people aged 16+ reduce or stop their use of over 70 different substances, such as tobacco, alcohol and drugs, including opioids.

	Date	Day	Time
	April 11	Tuesday	10 am -11:30 am
	For more information: philip.longum@cmhatv.ca or paul.byrne@cmhatv.ca In Person: Central Library Branch London		

Let's Talk About ... Substance Use and Mental Health



A weekly drop-in peer support group for folks who struggle with substance use and mental health. A community of peers that support each other and learn from each other's wisdom as each navigates their individual phase of recovery.

	Time	Day	Time
	March 1 - Ongoing	Wednesdays	2 pm – 3:30 pm
For more information: philip.longum@cmhatv.ca virtual link will be sent after registration			

Lit Circle

Do you enjoy writing? Are you looking for opportunities to write and share with others? Each week we will meet as a group, provide writing prompts, have a quiet writing time, and be given a chance to share our written words with others.

No group April 10, May 22

Time	Day	Time
Ongoing until May 29	Mondays	3 pm - 4 pm
For more information: crystal.mckellar@cmhatv.ca or ulises.gonzalez@cmhatv.ca virtual link will be sent after registration		

Living Life to the Full – For Neurodivergent



Join us for 8 weeks as we learn new skills and strategies to deal with stress, worry, low mood or just needing help dealing with life's challenges. This program teaches practical self-management skills using cognitive-behaviour therapy (CBT) principles. Participants will cover topics such as self-confidence, problem-solving, motivation, dealing with unhelpful thoughts and managing anger.

Note: No Group May 22 due to statutory holiday

Dates	Day	Time
April 17 – June 12	Mondays	3:30 pm - 5 pm
To more information: carolyn.petley@cmhatv.ca or mikayla.koevoets@cmhatv.ca virtual link will be sent after registration		

London Gallery Tour

Join us each Wednesday in the month of April as we engage in tours of a variety of art galleries throughout our Forest City! Locations will be confirmed at time of registration.

Time	Day	Begins	Ends
Apr 5 – Apr 26	Wednesdays	2 pm	3:30 pm
For more information: Carolyn.Petley@cmhatv.ca or ulises.gonzalez@cmhatv.ca Locations to be communicated after registration			

Men's Club

Hey Guy! Want a place to come chat, interact and converse with what's going in your life? We know sometimes it's hard for men to talk about their feelings, and have a judgement free environment in which we can have those conversations. Join our group and we can have a place to do just that!

Date	Day	Time
March 2 – May 25	Thursdays	12:30 pm – 1:30 pm
For more information: ulises.gonzalez@cmhatv.ca In Person: Crouch Neighbourhood Resource Centre		

Mindful Hour

The purpose of this group is to take time out our busy lives and take the time to learn and practice being mindful. Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one develops through the practice of exercising mental wellness achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

No group April 7 due to statutory holiday

Date	Day	Time
March 10 – May 26	Fridays	11:30 am -1 pm
For more information: afsaneh.azari@cmhatv.ca or ulises.gonzalez@cmhatv.ca virtual link will be sent after registration		

Mind over Mood

This 8-week co-ed program uses a Cognitive Behavioural Therapy (CBT) approach to treat anxiety, depression, low self-esteem or to cope better with stress. It is based on the Mind Over Mood by Dennis Greenberger, PhD. And Christine Padesky, PhD.

This is an interactive skills group, we ask participants to attend all sessions and complete home activities in order to build experience and confidence with the skills presented.

Each participant receives a free copy of the workbook.

	Dates	Day	Time	Email Registration
	Mar 8 – Apr 26	Wed	1:30pm-3:30pm	Afsaneh.azari@cmhatv.ca
	Apr 6 – May 24	Wed	9am - 11am	Torrie.henderson@cmhatv.ca
	Apr 11 – May 30	Tues	9am - 11am	Mikayla.koevoets@cmhatv.ca
virtual link will be sent after registration				

MOOD WALKS

Mood Walks

Mood walks is a province-wide initiative that promotes physical activity in nature, or green exercise, as a way to improve both physical and mental health. Connect to the forest city. This walk will also increase our social network, aid in some physical activity and help foster good mental health in nature!

Mood walks will be cancelled if there is a weather alert during the time of the walk.

Walk locations will be sent out after registration

Date	Day	Time	Walk Information
Mar 6 – May 29	Mondays	3-4pm	Currently focused on our youth population (16-30yrs)
For information: martha.mccallum@cmhatv.ca or paul.byrne@cmhatv.ca			

Mar 7 – May 30	Tuesdays	11 am – 12 pm	This walk is held in partnership with Parkwood Hospital.
For information: crystal.mckellar@cmhatv.ca or stephanie.powers@sjhc.london.on.ca			

Mar 2 – May 23	Thursdays	11 am – 12 pm	
For information: carolyn.petley@cmhatv.ca or paul.byrne@cmhatv.ca			

Power of Plants

Join us for this *four-week* workshop that explores the power of plants, and different strategies we can use to help us feel more grounded and connected to the plants and natural world around us! Throughout the weeks, we will discuss the connection between nature and mental health and addiction, and how gardening and interaction with the natural world can positively impact our sense of wellbeing. We will also try our hand at planting seeds to start our own indoor/outdoor garden for the Spring.

Note: participants will be required to pick up their planting kit before the group begins.

Time	Day	Time
April 6 – April 27	Thursdays	10:30 am - 12:30 pm
For more information: ulises.gonzalez@cmhatv.ca or afsaneh.azari@cmhatv.ca virtual link will be sent after registration		


Rent Smart

The Rent Smart Certificate course covers the following: Housing priorities, applying for housing, tenant/landlord rights & responsibilities, communicating effectively, roommates & neighbours, budgeting & affordable housing, maintenance do's & don'ts, fire safety, pests and community resources. At the completion of the course you will receive a Rent Smart Certificate which lets landlords know you are serious about being a responsible tenant.

Start Date	Day	Time	Registration
Jan 5	Thursdays	1:30 - 3:30pm	Via email
Jan 25	Wednesday	1:00 - 3:00pm	Via email
To Register/information: rentsmart@cmhatv.ca			

SAFE – Self Abuse Finally Ends

Peer Support group for those who self-harm and are looking for better ways to cope. Check in's and program modules help gain a better understanding of individual thoughts, feelings and behaviours.

	Date	Day	Time
	March 1 - Ongoing	Wednesdays	6 pm -7:30 pm
	For more information: jodie.boyd@cmhatv.ca or martha.mccallum@cmhatv.ca In person: 648 Huron St. (Crisis Centre)		

Sink into Sleep

Insomnia is a persistent, unsatisfactory sleep which has consequences for our daily responsibilities & activities. Insomnia can be a challenging way of life as sleep is a normal phase of each 24-hour period in our lives. Together with group participants we will learn about Insomnia and evidence-based strategies to accomplish the refreshing good night sleep we need. By the end of the *six weeks* participants will have a marked improvement in the quality of their nightly sleep.

No group May 22nd due to stat holiday

Date	Day	Time
May 15 – June 26	Mondays	6 pm - 7:30 pm
For more information: carolyn.petley@cmhatv.ca or afsaneh.azari@cmhatv.ca virtual link will be sent after registration		

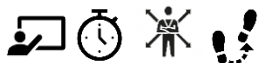
Take Up Space: Overcoming Gym Anxiety



Our mental health is directly correlated to our physical health, so we invite you to join us for a *six-week* introduction to the fitness world! We will work on unpacking gym anxiety, motivation, gym etiquette and knowing your limits, as well as goal setting, and components of exercise.

Dates	Day	Time
April 19 – May 24	Wednesdays	11 am – 12:30 pm
For more information: paul.bryne@cmhatv.ca or mikayla.koevoets@cmhatv.ca Location will be announced		

Time Out: Overcoming Stress & Burn Out



Our everyday lives can be filled with different challenges and demands on our time, emotional and physical energy that lead us to feeling stressed and burn out. This *four-week* group, we will discuss together the different issues that impact women's wellness and how we can set boundaries with ourselves and others to restore a sense of balance and support our wellbeing.

Dates	Day	Time
May 16 – June 6	Tuesdays	11 am – 1 pm
For more information: Afsaneh.azari@cmhatv.ca or Carolyn.petley@cmhav.ca Location will be announced		

Urban Walks

We will meet each week and socialize and check in with each other while being active in walking! This will also increase our social network, aid in some physical activity and help foster good mental health!

No group April 10 due to Statutory holiday

Dates	Day	Time
March 6 – April 24	Mondays	11 am – 12 pm
For more information: Ulises.gonzalez@cmhatv.ca or Mikayla.koevoets@cmhatv.ca Location will be announced		

Voices of Action

If you're looking for a way to become a catalyst for community change, look no further! Our VOICES of ACTION group will work collaboratively to create a unique initiative to promote wellness in our London community, while broadening our understanding of activism & strategies for change.

Dates	Day	Time
May 2 – June 20	Tuesday	2:30 pm – 4 pm
For more information: carolyn.petley@cmhatv.ca or mikayla.koevoets@cmhatv.ca virtual link will be sent after registration		

Wellness Workshop

Learn some reliable ways to build wellness into your everyday. Participate with peers by sharing your wisdoms for wellness.

Dates	Day	Time
March 7	Tuesday	10 am - 11:30 am
For more information: amanda.chalmers@cmhatv.ca or martha.mccallum@cmhatv.ca In person: Central library London		

Thrive Institute

Thrive Institute is a place where people with lived experience of mental health and/or substance use, peers, family members or loved ones, along with mental health and other professionals come together to create a variety of courses. These courses are offered in line the Recovery College model, to assist Thrive Institute students with the development of knowledge and skills to move forward in their wellness journey. Thrive Institute encourages self-determination where students can choose from a wide variety of topics that allow a unique experience of self-discovery.

Acceptance & Awareness

This six-week program will assist participants to develop awareness of day-to-day life challenges/ experiences and exercise using acceptance and self-compassion as a tool in the process of recovery.

Note: No group April 10 due statutory holiday

Dates	Day	Time
April 3 – May 15	Mondays	1 pm – 3 pm
For more information: afsaneh.azari@cmhatv.ca virtual link will be sent after registration		

Intro to Recovery College

Learn about the Recovery College model, and the Thrive Institute. Recovery College is a model where professionals, peer support, & lived experience come together to create courses for those who experience mental health issues. The introduction talks about what it is, and what the guiding principles and values are.

Date	Day	Time
March 17	Friday	10:00 am -11:30 am
For more information: ThriveInstitute@cmhatv.ca virtual link will be sent after registration		

Stepping Stones

Increase self-awareness, while working on ways to develop routine and structure in daily lives. Group will encourage individuals to be more confident within the self-journey of wellness. This course is based on Life management program, will require a commitment twice weekly for *eight weeks*.

Time	Day	Time
April 4 – May 25	Tuesday & Thursday	3 pm – 4:30 pm
For more information: crystal.mckellar@cmhatv.ca virtual link will be sent after registration		

Thrive Social

Brainstorm with us about co-production processes, feedback on current and future co-productions. Ways to grow and evaluate our Thrive Institute initiative

Dates	Day	Time
March 27, April 24	4 th Monday of each month	10:30am - 11:30am
For more information: ThriveInstitute@cmhatv.ca virtual link will be sent after registration		

We continue to co-produce and co-deliver courses, please watch our website and social media for flyers, and offerings. For more information on the Thrive Institute, please contact ThriveInstitute@cmhatv.ca



My Sisters' Place

My Sisters' Place is providing a lunch, harm reduction supplies and basic needs items.

Hours:

Monday to Friday: 10:30am – 12:30pm (lunch served 11:30am – 12:30pm), 1:30pm – 4:00pm, 5:00pm – 6:30pm, and 7:30pm – 9:00pm

Snacks / coffee / tea / water

Weekends and Holidays: 11:00am – 1:00pm

Snacks / coffee / tea / water

If you have questions about groups or programs at My Sisters' Place, please call **519-679-9570 ext. 5000**.



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CONNECTING



BELONGING



WELCOMING



INFORMATION

Visit Community Wellness and Peer Support Staff at the Welcome Centre. Our staff ambassadors will be located on the 2nd floor by the elevators.

CMHA Thames Valley Addiction and Mental Health Services staff will be able to provide resources, connections, networks and supports for all in a welcoming, diverse and inclusive environment.

THURSDAYS
1 PM - 5 PM

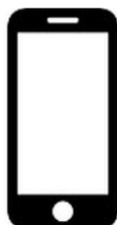
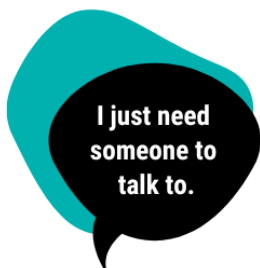
MORE INFORMATION
CONTACT:

AFSANEH.AZARI@CMHATV.CA



**Canadian Mental
Health Association**
Thames Valley
Addiction and Mental Health Services

When you don't know where to turn.



**Call 24/7
The Support Line
519-601-8055**



**Call 24/7
REACH OUT
519-433-2023**



**In-person options
are available:**



**Three safe, reliable options for people with mental health or
addictions concerns. All day, every day.**



**Canadian Mental
Health Association**
Thames Valley
Addiction and Mental Health Services

Track your events:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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