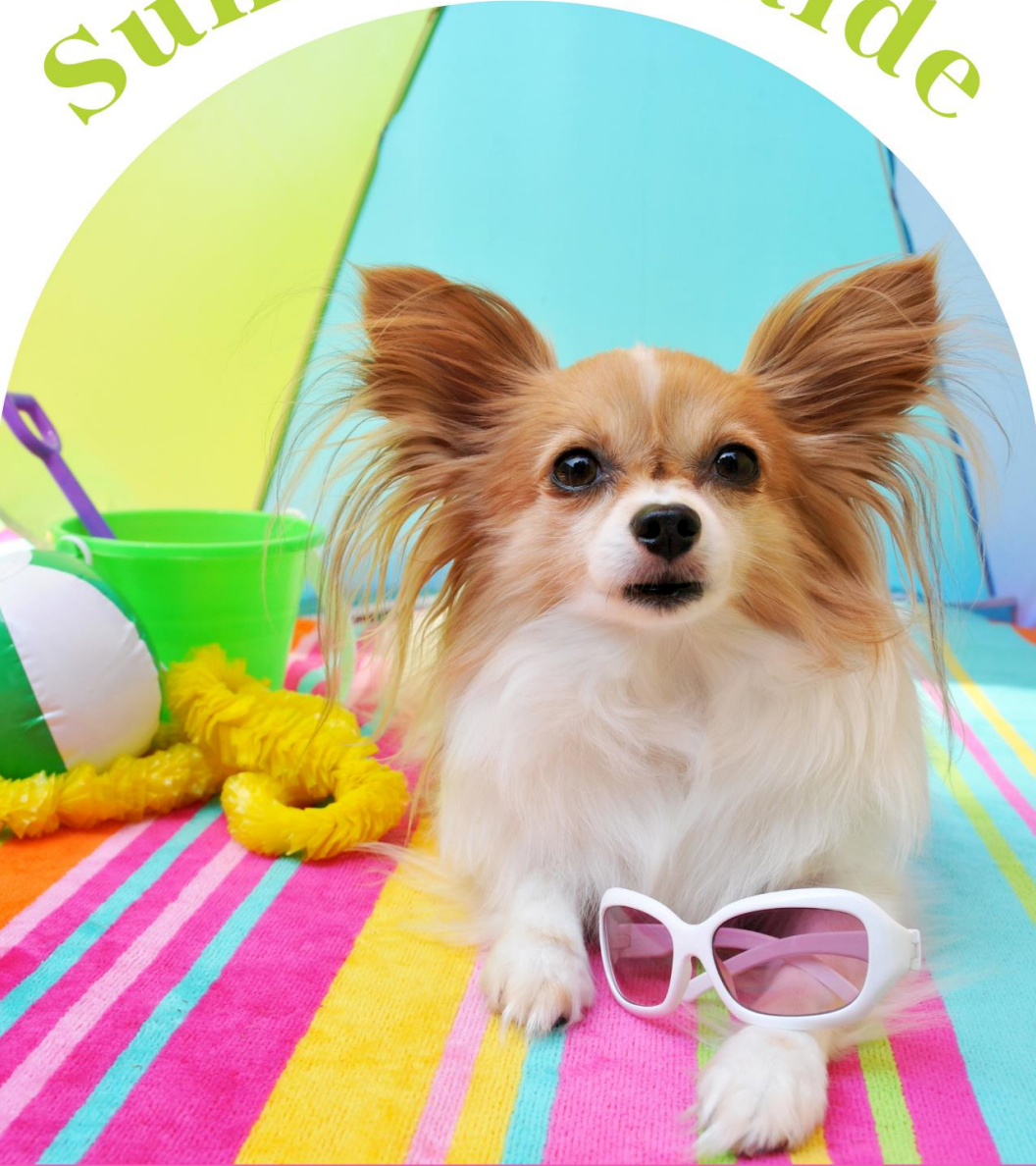


Summer Guide



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

Contents

In-Person and Walk-In Mental Health and Addiction Support.....	6
Elgin	6
Middlesex.....	6
Oxford	6
Where to Find Us	7
London	7
County of Elgin	8
Counties of Middlesex & Huron	8
County of Oxford.....	8
Education	9
Family Support Program	9
RentSmart	9
Virtual Groups	10
Anxiety Management Group.....	11
Freedom Online Community Fridays	11
Calming the Angry Waves	11
Creative Minds	12
Intro to WRAP	12
Let’s Talk About... Substance Use and Mental Health.....	13
Mindful Hour Plus	13
Exeter	14
Art Drop-In	15
Clearing the Clutter.....	15
Coffee Social	15
Gardening Group	16
Leisurely Walk.....	16
Mindful Movement.....	16
Pool League.....	17
Rock Talk.....	17
Strathroy.....	18
Elgin	19
Talbot House Time	20
London	21
Anxiety Management – Youth (16-30).....	22
Art of Letting Go	22
Baseball.....	23
Cards and Games	23

Coffee Social	24
Coping Tools 101.....	24
Friday Warriors	25
Green Thumbs.....	25
Intersections	26
London Art Gallery & Museum Tour	26
Men’s Group	27
Mindful Hike	27
Mindful Journey	28
Mothers Inspiring Loving Families: Co-Production	28
Navigating the Neurotypical World.....	29
Pickle Pals.....	29
SAFE – Self Abuse Finally Ends	30
Social Stroll – London.....	30
Street Soccer	31
The Page Turner’s Book Club	31
Oxford.....	32
Chit Chat Circle.....	33
Drop-In – Woodstock.....	33
Shower Hour – Ingersoll.....	34
Social Stroll – Woodstock.....	34
Wellness Social – Ingersoll	35
Wellness Social – Tillsonburg	35
Thrive Institute.....	36
Bits and Bobs.....	36
Forging Ahead: Co-Production	37
Intro to Recovery College.....	37
Mothers Inspiring Loving Families: Co-Production	38
Thrive Advisory Partnership.....	38
My Sisters’ Place.....	39
London Coffee House	39

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

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 Lenape (Delaware Nation).

In-Person and Walk-In Mental Health and Addiction Support

Elgin

Available at 10 Mondamin Street, St. Thomas, N5P 2V1
Monday to Friday, 9:00 am – 8:00 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 – 3:00 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

Available at 41 Broadway Street, Tillsonburg ON, N4G 3P4
Mondays, 12:00 pm – 7:00 pm

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

Where to Find Us

Note: Our locations and hours of operation do change. Please check our website www.cmhatv.ca and social media pages for the most up-to-date information on our locations and hours.

London

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

Phone: 519-673-3242 x 1222

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: 9:30am – 4:00pm, 4:30pm – 9:30pm; Weekends and Holidays 10:30am – 1:30pm

London Coffee House

361 Hamilton Road, London ON, N5Z 1R7

Phone: 519-204-4719

Hours: M - F 9:30am – 12:30pm

Rapid Access Addiction Medicine (RAAM) Clinic

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

Phone: 519-673-3242 x 1281

Hours: Mondays, 8:30am – 3:30pm; Tuesdays, 8:30am – 11:30am; Wednesdays, 7:30am – 11:30am; Thursdays, 8:30am – 3:30pm

County of Elgin

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

Phone: 519-633-1781

Toll-Free: 1-855-633-1781

Hours: M – F, 9:00am – 8:00pm

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

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

Education

Family Support Program

Friends and family members in a support role to someone over the age of 16 years who struggle with their mental health may benefit from this virtual caregiver education program.

	Location	Dates	Time
	Virtual	Ongoing continuous enrollment	Work at own pace
	For more information or to register: FamilySupport.info@cmhatv.ca Virtual link will be sent out after registration.		












RentSmart

The RentSmart 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 RentSmart Certificate which lets landlords know you are serious about being a responsible tenant. This group is six weeks long.

Dates	Day	Time
August 1 – September 5	Thursdays	1:30 pm – 3:30 pm
For more information or to register: rentsmart@cmhatv.ca Location will be confirmed upon registration.		

Virtual Groups

A reliable internet connection with camera and microphone access is necessary for virtual groups.

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

Anxiety Management Group




A six-week psychoeducational series for people living with anxiety. The group defines “anxiety” and provides strategies, resources, and information based on the CBT model, mindfulness, and exposure therapy techniques.

Dates	Day	Time
July 10 – August 14	Wednesdays	10 am – 12 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Virtual link will be sent out after registration.		

Freedom Online Community Fridays



Together we will explore the impact of substance use on our emotional, physical and spiritual wellness. We will use various tools to support our learning and personal growth and connect with others on our journey.

	Time	Day	Time
	Ongoing	Fridays	2 pm – 4 pm
For more information: Philip.Longum@cmhatv.ca Virtual link will be sent out after registration.			

Calming the Angry Waves



To assist participants in becoming more aware of their own anger patterns, triggers, and related physical, emotional, and cognitive experiences. This program is based on mindfulness practice to help find balance in our thoughts, emotions, and actions.

Dates	Day	Time
June 6 – July 11	Thursdays	10:30 am – 12:30 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Virtual link will be sent out after registration.		

Creative Minds

We all need some time to relax, but we also need some time to socialize. The Creative Minds group will allow us to spend 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 time together!

Note: No program on July 1 or August 5.

Dates	Day	Time
June 3 – August 26	Mondays	1 pm – 2 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Virtual link will be sent out after registration.		

Intro to WRAP


Peers will be introduced to each recovery concept – Hope, Personal Responsibility, Education, Self-Advocacy, and Support. WRAP is planning for wellness. Peers will review each module/section of the WRAP series and are invited to register for a future WRAP session.

	Date	Day	Time
	August 16	Friday	1 pm
For more information or to register: Jodie.Boyd@cmhatv.ca Virtual link will be sent out after registration.			

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



A weekly drop-in peer support group for individuals at all different phases in their recovery journey. It is truly a community of peers that genuinely support each other and learn from each other's wisdom.

	Date	Day	Time
	Ongoing	Mondays	2 pm – 4 pm
	For more information: Philip.Longum@cmhatv.ca Virtual link will be sent out after registration.		

Mindful Hour Plus














The purpose of this group is to take time out of our busy lives 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. This is developed 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. *Note: no group on July 12*

Date	Day	Time
June 21 – August 30	Fridays	11:30 am – 1 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Virtual link will be sent out after registration.		

Exeter

To find out more about Community Wellness Programs in Exeter, please contact the Exeter office at 519-235-0335, ext. 4251 or email exeter@cmhatv.ca. All groups are in-person unless otherwise noted.

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

Art Drop-In

A six-week group that aims to provide a therapeutic outlet for individuals to explore their emotions, reduce stress, and build connections with others who may be facing similar challenges. The art drop-in time allows participants to engage in artistic activities at their own pace, without pressure or judgment, fostering a sense of community and empowerment.

Dates	Day	Time
July 19 – August 23	Fridays	10 am – 11:30 am
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		

Clearing the Clutter

This is a nine-week psychoeducational support group, based on the CBT model, for those who struggle with chronic disorganization up to hoarding and everything in between.

Dates	Day	Time
June 18 – August 13	Tuesdays	1 pm – 3 pm
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		

Coffee Social

Human connections and relatedness are essential for health and wellbeing. Come join us and enjoy a hot beverage, games, and colouring. This is a great opportunity for casual conversation and resource sharing with mutual peer support.

Dates	Day	Time
June 5 – August 28	Wednesdays	9 am – 11:30 am
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		

Gardening Group

Join us in our garden boxes at the Exeter Regional Site! This group offers an opportunity for members to develop new skills, increase their self-esteem, promote physical activity and healthy eating habits. No prior gardening experience is necessary.

Dates	Day	Time
June 19, July 17, August 21	Wednesdays	1 pm – 3 pm
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		

Leisurely Walk

Start your week off with some fresh air and good company. Leisurely Walk promotes physical activity in nature or green exercise, as a way to improve both physical and mental health. This walk will also increase our social network, aid in some physical activity, and help foster good mental health in nature.

Note: No group on July 1 or August 5.

Dates	Day	Time
June 3 – August 26	Mondays	10 am – 11:30 am
For more information or to register: exeter@cmhatv.ca		
Location: Meet at McNaughton Park, 56 Hill Street, Exeter		

Mindful Movement

Restorative Yoga for everybody with Rachel, a certified yoga instructor. Use your inborn resources; your body, breath, voice, energy, and mind to address your suffering and holistically empower yourself to evolve and shine. **Note:** Cost is \$5.00

Dates	Day	Time
June 25, July 9, July 23, Aug 6, Aug 20	Tuesdays	10 am – 11 am
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		

Pool League

Join us in some friendly competition, interaction with peers, and an opportunity to strengthen community bonds through shared experiences. By promoting a sense of belonging and unity, this program contributes to the overall well-being and cohesion of the community.

Note: No group on July 12.

Dates	Day	Time
June 21 – August 30	Fridays	1 pm – 3 pm
For more information or to register: exeter@cmhatv.ca		
Location: Exeter Legion, 316 William Street, Exeter		

Rock Talk

Learn to describe the emotions that you have been feeling, but unable to articulate. The key element is the ownership of emotions – the good, bad, or indifferent. By the time the group is set to terminate, you should feel comfortable in “owning” your emotions, and have been equipped with positive coping techniques, through music.

Note: No group on July 1 or August 5.

Dates	Day	Time
June 24 – August 26	Mondays	1 pm – 3 pm
For more information or to register: exeter@cmhatv.ca		
Location: 149B Thames Road W, Exeter		











Strathroy

To find out about Community Wellness Programs in Strathroy, please call the Strathroy office at 519-245-0120 ext. 3241. We run groups Monday to Friday at the Strathroy Site and all groups are in-person unless otherwise noted.

Elgin

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

Intake will be completed prior to registration. Please call or email 519-633-1781 ext. 3282 or Social.Rehabilitation@cmhatv.ca

Icon Legend			
	Drop-In/Open Group (ongoing registration)		Physical Wellness & Health
	Hybrid (virtual & in-person sessions at the same time)		Personal Awareness & Growth
	Blended Group (in-person and virtual sessions)		Social & Leisure
	In-Person Group (location will be confirmed upon registration)		Creativity & Expression
	Closed Group (runs for a set number of sessions)		Peer Support Program

Talbot House Time












Come into the Talbot House program site in St. Thomas to socialize with peers, play cards, watch TV, complete crafts, and more. If you are a new member, come into the centre to take a tour, meet the staff, and set up an intake.

Note: Program will be closed on June 7, June 14, July 1, and August 5.

Dates	Day	Time
June 3 – August 29	Monday – Thursday	9 am – 12 pm
June 21 – August 30	Fridays	9 am – 2 pm
<p>For more information: Social.Rehabilitation@cmhatv.ca or 519-633-1781 ext. 1141</p> <p>Location: Talbot House, 655 Talbot Street, St. Thomas</p>		

London

Registration is required for all London-based programming, unless otherwise noted. Registration can be completed at www.cmhatv.ca/register/. For questions about any group, please refer to the contact information listed within each program.

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

Anxiety Management – Youth (16-30)



An eight-week psychoeducational group for youth ages 16-30 living with anxiety. The group defines anxiety and provides strategies, resources, and information, including Cognitive Behavioral Therapy (CBT), exposure therapy, and mindfulness.

Note: No program on July 4 or August 8.

Dates	Day	Time
June 27 – August 29	Thursdays	12:30 pm – 2:30 pm
For more information or to register: martha.mccallum@cmhatv.ca or call/text 519-617-3710		
Location will be confirmed upon registration.		

Art of Letting Go



This 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 to know when it’s time to let go, ways and reasons to forgive, and feel the freedom from resentment.

Dates	Day	Time
July 3 – August 7	Wednesdays	2 pm – 4 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca		
Location will be confirmed upon registration.		

Baseball

Call out for CMHATV Warriors! We're looking for people to join our fun, non-competitive baseball team. Our team provides a sense of belonging and a non-judgemental environment. Great way to meet people, get some exercise and have fun. Good for the mind, body, and spirit.

Note: *Please bring your own water bottle, sunscreen, snacks, and anything else that you may need. Equipment is provided.*

Dates	Day	Time
June 4 – September 10	Tuesdays	1 pm – 3 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Cards and Games

Join us and feel at ease in this relaxed and friendly group environment while playing a game of cards or playing a board game! An ongoing group where we have fun, socialize, and enjoy some treats!

Note: *This is a partnership with Crouch Neighbourhood Resource Centre.*

Dates	Day	Time
June 11 – August 27	Tuesdays	1 pm – 3 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location: Crouch Neighbourhood Resource Centre, 550 Hamilton Road, London		

Coffee Social

Human connections and relatedness are essential for health and well-being. Come join us and enjoy a hot beverage. This is a great opportunity for casual conversation and resource sharing with mutual peer support.

Note: *Coffee Social will be taking a break for the month of August.*

Dates	Day	Time
June 5 – July 31	Wednesdays	10 am – 11 am
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Coping Tools 101

This seven-week workshop provides an overview of wellness strategies that take the mind, body, and spirit into account. We will explore multiple wellness activities and expose the participant to a wide variety of coping tools and strategies. Wellness comes in all shapes and forms and is unique to the individual. Some of these strategies include the five senses, physical activities, art, music, meditation, and much more. Come explore wellness with us.

Dates	Day	Time
June 27 – August 8	Thursdays	2 pm – 3:30 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon 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 which include: sharing stories, show & tell, games, trivia, social time, mindfulness, and more! A place where the main goal is to have fun and enjoy some social time with others.

If experiencing inclement weather, this program will be offered virtually.

Note: No program on July 12 or August 2.

Time	Day	Time
June 21 – August 30	Fridays	1:30 pm – 3 pm

For more information:

CommunityWellnessProgramsLondon@cmhatv.ca

Location will be confirmed upon registration.

Green Thumbs

Have you ever wanted to grow veggies and plants and have a certified green thumb? Come join us as we venture the escapades of growing, maintaining, and reaping the rewards of gardening. Together once a week, we will look after our green friends to make sure they are getting everything they need to grow! No experience is required as we will navigate and learn the meaning of having a green thumb!

Note: *This is a partnership with Crouch Neighbourhood Resource Centre.*

Dates	Day	Time
June 11 – August 27	Tuesdays	3:30 pm – 4:30 pm

For more information:

CommunityWellnessProgramsLondon@cmhatv.ca

Location will be confirmed upon 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.

Date	Day	Time
June 6, June 20, July 4, July 18, Aug 1, Aug 15	1st Thursday and 3rd Thursday of each month	4 pm – 6 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration. Registration only needed once per quarter.		

London Art Gallery & Museum Tour




Join us as we tour art galleries and museums in our Forest City!

Dates	Day	Time
June 19 – July 10	Wednesdays	1:00 pm – 2:30 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Men's Group

Hey folks! Want a place to come chat with what's going on in our 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!

Note: *This is a drop-in program – no registration required.*

	Dates	Day	Time
	Ongoing	Thursdays	12:30 pm – 1:30 pm
	For more information: Bere.Tekle@cmhatv.ca Location: Crouch Library, 550 Hamilton Road, London		

Mindful Hike

Mindful Hike promotes physical activity in nature or green exercise, as a way to improve both physical and mental health. This walk/hike will also increase our social network, aid in some physical activity, and help foster good mental health in nature. *Hikes will be cancelled if there is a weather alert during the time of the hike.*

Note: *No program on July 1 or August 5.*

Date	Day	Time
<u>June 10 – August 26</u>	Mondays	3 pm – 4 pm

For more information: Martha.McCallum@cmhatv.ca
 Location will be confirmed upon registration.

Date	Day	Time
<u>June 4 – August 27</u>	Tuesdays	11 am – 12 pm

This walk is held in partnership with St. Joseph's Parkwood Institute.

For more information: Stephanie.Powers@sjhc.london.on.ca or
CommunityWellnessProgramsLondon@cmhatv.ca

Location will be confirmed upon registration.

Mindful Journey


Mindful practice promotes well-being in an individual by becoming aware of the four platforms of the Body-Mind, emotions, sensations, and thoughts. Developing non-judgmental awareness in the present moment and increasing awareness of triggers, learning to respond skillfully rather than react habitually, these skills can contribute to recover and recovery maintenance.

Date	Day	Time
June 3, July 15, August 12	Mondays, once a month	2 pm – 4 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Mothers Inspiring Loving Families: Co-

Production

Mothers with lived experience of mental health/addiction concerns, with children of all ages, come together to support each other while looking to co-produce a course for mothers with school-aged children.

	Time	Day	Time
	Ongoing	Tuesdays	12 pm – 1:30 pm
For more information or to register: Tiffany.Burridge@cmhatv.ca or Martha.Mccallum@cmhatv.ca / 519-617-3710 Location will be confirmed upon registration.			

Navigating the Neurotypical World



This group is designed to create a space for neurodivergent folks to discuss the impacts of these traits; the anxiety, the low self-esteem, and the sense of helplessness that can develop over time, as well as a space where we can grow and learn from each other, and get support related to the barriers we face in the everyday world.

The term “neurodivergent” describes people whose brain differences affect how their brain works, especially in areas such as sociability, learning, attention, mood, and other mental functions. There is no formal diagnosis or referral required for this group; if you think you could benefit from being here, we would be happy to have you join us.

Time	Day	Time
June 12, June 26, July 10, July 24, August 7, August 21	Wednesdays, bi-weekly	10 am – 11:30 am
For more information: Jodie.Boyd@cmhatv.ca or Amanda.Chalmers@cmhatv.ca Location will be confirmed upon registration.		

Pickle Pals


Hey Pals! Do you want to get your pickle on!?! Come join us to learn the game of pickleball. Play amongst fellow picklers and enjoy socializing through sport this summer. This is an eight-week outdoor program. We will lead you through a warm-up each week, followed by a few friendly matches. No previous experience required. So, hurry up and register, before this pickle of an opportunity passes you by!

Dates	Day	Time
June 13 – August 1	Thursdays	11 am – 12:30 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

SAFE – Self Abuse Finally Ends



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

	Date	Day	Time
	Ongoing	Wednesdays	6 pm – 7:30 pm
	For more information or to register: Martha.Mccallum@cmhatv.ca or text/call 519-617-3710 Location will be confirmed upon registration.		

Social Stroll – London



Join us for a casual urban stroll. Spend some time socializing with others and meet new people.

Note: No program on July 1 or August 5.

Dates	Day	Time
June 3 – August 26	Mondays	11 am – 12 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Street Soccer

Street Soccer is a program using sport to foster social inclusion. Taking an “Every One Matters” approach to offer a weekly soccer scrimmage to vulnerable and marginalized members of the London community. We welcome individuals who are often left out of traditional sport and recreational activities. We work together to create an open and non-judgmental safe space. This not only creates opportunity for physical activity, but also fosters a sense of inclusion and connection which resonates into community and beyond.

Note: No program on July 1 or August 5.












Dates	Day	Time
June 3 – August 26	Mondays	2 pm – 4 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

The Page Turner’s Book Club

The Page Turner’s Book Club is an opportunity to join in lively discussions and thoughtful reflections from our selection of summer reads and is designed to help cultivate the joy of reading and social interaction with like-minded folks while discussing observations from an agreed-upon novel.


Dates	Day	Time
August 14 – September 4	Wednesdays	2 pm – 3:30 pm
For more information: CommunityWellnessProgramsLondon@cmhatv.ca Location will be confirmed upon registration.		

Oxford

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


Chit Chat Circle

Join us for a weekly gathering to discuss a variety of wellness topics, engage in positive conversations, and build and encourage socialization in a safe space.

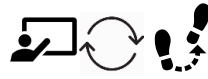
	Dates	Day	Time
	Ongoing	Tuesdays	2 pm – 3:30 pm
	For more information: oxford.peers@cmhatv.ca Location: June 4 to June 18: Woodstock Library, 445 Hunter Street June 25 and onward: CMHA, 522 Peel Street, Woodstock		

Drop-In – Woodstock

Join us at the Woodstock office to say hello, play some cards, make a craft, socialize, or just relax! We have different activities running on the days drop-in is open. For a small cost, you can also enjoy a coffee, soda, or snack. Stop in to see what's available. We hope to see you there!


	Dates	Day	Time
	Ongoing	Mondays, Tuesdays, Thursdays, Fridays	10 am – 3:30 pm
	For more information: oxford.peers@cmhatv.ca or you can connect with Lizz or Donna, our Drop-in Coordinators Location: CMHA Drop-In Area, 522 Peel Street, Woodstock Schedule: <ul style="list-style-type: none"> • 10 am – 10:30 am: Mindfulness (Fish Bowl) • 10:30 am – 12 pm: Coffee Social • 12 pm – 1 pm: CLOSED • 1 pm – 3 pm: Programming (must participate in the daily program) **Calendars available in the office at reception**		

Shower Hour – Ingersoll



This drop-in program offers basic personal hygiene supports, such as access to a shower and dental supplies. Peer Support staff are also onsite to connect with people as needed. This group is open to anyone in need of hygiene supports in the Oxford area.


Note: *This is a partnership with the Ingersoll Nurse Practitioner-Led Clinic (INPLC).*

	Dates	Day	Time
	Ongoing	Mondays	10 am – 11:30 am
	For more information: oxford.peers@cmhatv.ca Location: Ingersoll Nurse Practitioners Office, 19 King Street E., Ingersoll		

Social Stroll – Woodstock




This program promotes overall individual wellness by social connection with others and nature, as well as educating us on people, places, and things. This program incorporates physical exercise and encourages socialization while having fun. We'll explore different areas around us.

	Dates	Day	Time
	Ongoing	Tuesdays	9:30 am – 10:30 am
	For more information: Pattie.Monaghan@cmhatv.ca Location: Meet at the CMHA Office, 522 Peel Street		

Wellness Social – Ingersoll




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. We also have scheduled dates coordinated with the OCL to provide us with fun learning and wellness through the library staff.

	Dates	Day	Time
	Ongoing	Mondays	1 pm – 3 pm
	For more information: Pattie.Monaghan@cmhatv.ca Location: Ingersoll Library Program Room, 130 Oxford St.		

Wellness Social – Tillsonburg



Come on out to this Peer Support drop-in program at the Tillsonburg Library, that offers the chance for people to connect and socialize with one another and explore your wellness needs. A schedule will be provided to the participants upon first group appearance. Group runs bi-weekly with the exception of some weeks due to other programming.

	Dates	Day	Time
	Ongoing	Thursdays, bi-weekly	10 am – 11 am
	For more information: Pattie.Monaghan@cmhatv.ca or miranda.mitchell@cmhatv.ca Location: Tillsonburg Library Program Room, 2 Library Lane		




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 with the Recovery College model, to assist Thrive Institute students with the development of knowledge and skills to move forward in their journey. Thrive Institute encourages self-determination where students can choose from a wide variety of topics that allow a unique experience of self-discovery.

Bits and Bobs


This ongoing co-production will focus on creating one-off workshops on topics of interest. We will work together to create content ranging from physical health, mental health, coping skills, hobbies, advocacy, and so much more. Come check it out and see if co-production is a good fit for you!

	Dates	Day	Time
	Ongoing	1st, 2nd, 3rd, and 5th Monday of each month	10:30 am – 12 pm
	For more information: Amanda.Chalmers@cmhatv.ca Virtual link will be sent out after registration.		

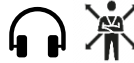
Forging Ahead: Co-Production




Co-developing a course that uses the strategies, successes, and challenges related to substance and mental health.

	Time	Day	Time
	Ongoing	Wednesdays	2 pm – 3:30 pm
	For more information: Philip.Longum@cmhatv.ca Virtual link will be sent out 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, and 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
	<u>June 18</u>	Tuesday	10 am – 11:30 am
	<u>July 19</u>	Friday	1 pm – 2:30 pm
	<u>August 20</u>	Tuesday	2:30 pm – 4 pm
For more information: ThriveInstitute@cmhatv.ca Virtual link will be sent out after registration.			

Mothers Inspiring Loving Families: Co-


Production

Mothers with lived experience of mental health/addiction concerns, with children of all ages, come together to support each other while looking to co-produce a course for mothers with school-aged children.

	Time	Day	Time
	Ongoing	Tuesdays	12 pm – 1:30 pm
	For more information: Tiffany.Burridge@cmhatv.ca or Martha.Mccallum@cmhatv.ca / 519-617-3710 Location will be confirmed upon registration.		

Thrive Advisory Partnership

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

	Date	Day	Time
	June 24, July 22, August 26	4th Monday of each month	10:30 am – 12 pm
	For more information: ThriveInstitute@cmhatv.ca Virtual link will be sent out 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: 9:30 am – 4:00 pm, 4:30 pm – 9:30 pm

Weekends and Holidays: 10:30 am – 1:30 pm

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

London Coffee House

London Coffee House provides a warm, welcoming space to drink a coffee or tea, connect with mental health and addiction workers, plan for one's safety, and look after basic needs such as laundry. The London Coffee House offers free phone and internet services, and has a washroom on site.

CMHA TVAMHS Hours:

Monday to Friday 9:30am – 12:30pm

371 Hamilton Road, London ON, N6B 1W8

Tel: 519-204-4719

Please watch our website and social media for potential updates on expanded hours.

Stay Connected!



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