

# September Community Groups 2024



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p>  <p>Labour Day</p>	<p>3</p> <p>Mindful Hikes 11AM Cards &amp; Games 1PM</p>	<p>4</p> <p>Coffee Social 10AM</p>	<p>5</p> <p>Intersections 4PM</p>	<p>6</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM</p>
<p>9</p> <p>Creative Minds 1PM Mindful Hike 3PM</p>	<p>10</p> <p>Mindful Hikes 11AM Cards &amp; Games 1PM Connecting to the Moment 2PM</p>	<p>11</p> <p>Coffee Social 10AM Women's Art Group 1PM Ldn Art/Museum Tours 2PM</p>	<p>12</p> 	<p>13</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM</p>
<p>16</p> <p>Creative Minds 1PM Mindful Hikes 3PM</p>	<p>17</p> <p>Mindful Hikes 11AM Cards &amp; Games 1PM Connecting to the Moment 2PM</p>	<p>18</p> <p>Coffee Social 10AM Womens' Art Group 1PM Ldn Art/Museum Tour 2PM</p>	<p>19</p> <p>Purpose 1PM Intersections 4PM</p>	<p>20</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM</p>
<p>23</p> <p>DBT at a glance TBD Creative Minds 1PM Mindful Journey 2PM Mindful Hike 3PM</p>	<p>24</p> <p>Mindful Hikes 11AM Cards &amp; Games 1PM Connecting to the Moment 2PM</p>	<p>25</p> <p>Coffee Social 10AM Womens' Art Group 1PM Lnd Art/Museum Tour 2PM</p>	<p>26</p> <p>Purpose 1PM</p>	<p>27</p> <p>Drop In 930AM Mindful Hour Plus 1130AM Friday Warriors 130PM</p>

30  
**Truth and Reconciliation Day**  
  
 community events happening throughout the valley

Scan the QR code to view program descriptions, availability, and register for programs.



<https://cmhatv.ca/programs-services/cw-sr-ps/>

Email: [CommunityWellnessProgramsLondon@cmhatv.ca](mailto:CommunityWellnessProgramsLondon@cmhatv.ca)

Phone Number: 519-432-1607 ext. 6422



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

### **Cards & Games 1-3PM - Crouch**

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!

### **Mindful Hikes Monday 3-4PM, Tuesday 11AM-12PM**

Mindful Hikes promote 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

### **Mindful Journey 2-3PM - Central**

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 recovery maintenance.

### **Coffee Social 10-11AM - Central**

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.

### **Intersections 4-6PM - Central**

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.

### **London Art Gallery & Musuem Tour 2-3PM - Various locations**

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

### **DBT at a glance - Time to be confirmed - Central**

Join Us while we highlight some key DBT skills. Whether you want to refresh your DBT Knowledge or familiarize yourself with some concepts, this group will allow you to learn and interact in a workshop setting.

### **Purpose - Identifying Strength and Mastering the skill of Presence - 130-230PM - East**

As humans, we have a need to feel connection and a sense of purpose. Life Challenges may have us feeling lost and disconnected to the things that make us feel happy. This workshop will help you develop self-awareness by identifying your greatest qualities and help you understand how to connect your behaviour to match your core values/beliefs

### **Women's Art Group 130-230PM - Crouch**

Art 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 weekly group as we share our appreciation of art and participate in a variety of mixed media art projects. Registration is needed as space is limited for this drop-in style group.

### **Friday Warriors 1:30-3:30PM - Central/Virtual**

Looking for something fun to do and somewhere to meet new people? Come join us and be a Friday Warrior. An informal social gathering whereas 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 social time with others.



DROP IN HUB 930-1130  
200 Queens, 2nd fl.

**Join us for a laid-back and inclusive atmosphere where you can unwind, socialize, learn about how to access different community resources, and engage in various activities at your own pace. Whether you're looking to connect with others, play games, or get creative, this is the perfect space for you.**

## **Virtual Offerings**

### **Creative Minds 1-3PM**

We all need some time to relax, but we also need 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!

### **Connecting to the Moment 2-3:30PM**

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. Series 1 - Mindfulness Skills - We will use the formal and informal skills of mindfulness to bring focus to our body and mind to enrich our experiences of the moment.

### **Mindful Hour Plus 11:30AM-1PM**

Take time out of our busy lives to lean and practice being mindful. Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgement. 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.