



# Peer Support & Thrive

# SEPTEMBER


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> 	<p>3</p> <p>Sanism Co-prod 9AM Withdrawal Management 2PM</p>	<p>4</p> <p>Navigating the Neurotypical 10AM Forging Ahead 2PM Youth SAFE 430PM SAFE 6PM</p>	<p>5</p> <p>Withdrawal Management 10AM Men's Group 1230PM Connecting over Coffee 130PM</p>	<p>6</p> <p>PS Drop In - Talbot House 9AM Drop In 930AM Freedom Online Community 2PM</p>
<p>9</p> <p>PS Drop In - Talbot House 9AM Bits &amp; Bobs Co-prod 1030AM Lets Talk 2PM Mindful Hike 3PM</p>	<p>10</p> <p>Mothers Co-Prod 12PM Withdrawal Management 2PM</p>	<p>11</p> <p>Forging Ahead 2pm Youth SAFE 430PM SAFE 6PM</p>	<p>12</p> <p>Withdrawal Management 10Am Men's Group 1230PM Connecting over Coffee 130PM</p>	<p>13</p> <p>PS Drop In - Talbot House 9AM Drop In 930AM Freedom Online Community 2PM</p>
<p>16</p> <p>PS Drop In - Talbot House 9AM Bits &amp; Bobs Co-prod 1030AM Let's Talk 2PM Mindful Hikes 3PM</p>	<p>17</p> <p>Sanism Co-prod 9AM Mother's Co-prod 12PM Withdrawal Management 2PM</p>	<p>18</p> <p>Navigating the Neurotypical 10AM Forging Ahead 2PM Youth SAFE 430PM SAFE 6PM</p>	<p>19</p> <p>Withdrawal Management 10AM Men's Group 1230PM Connecting over Coffee 130PM</p>	<p>20</p> <p>PS Drop In - Talbot House 9AM Drop In 930AM Freedom Online Community 2PM</p>
<p>23</p> <p>PS Drop In - Talbot House 9AM Thrive Advisory Partnership 10AM Let's Talk 2PM Mindful Hikes 3PM</p>	<p>24</p> <p>WOW that's funny 11AM Mothers Co-Prod 12PM Withdrawal Management 2PM</p>	<p>25</p> <p>Forging Ahead 2PM Youth SAFE 430PM SAFE 6PM</p>	<p>26</p> <p>Withdrawal Management 10AM Men's Group 1230PM Connecting over Coffee 130PM</p>	<p>27</p> <p>PS Drop In - Talbot House 9AM Drop In 930AM Freedom Online Community 2PM</p>

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**Truth & Reconciliation Day**




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

# 2024

### **Connecting over Coffee 130-330PM - Central**

A drop in space with coffee and conversation. If you are connected to RAAM, recently discharged from the hospital, or looking to boost your supports, come chat with our peer support staff.

### **WOW That's Funny 11AM-1PM - West**

Join us for a group that focuses on humor and health, and how we can use humor to cope with the various stresses and curve balls life throws our way! We will learn about different humor habits and the ways to cultivate humor in our day to day lives. There will also be weekly opportunities to practice our humor through developing the skill of Improv, and take home activities that encourage the use of humor. This is a fun, safe space to explore humor and how it can benefit our lives – so let's get a little silly!

### **Mindful Hikes 3-4PM**

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.

### **Men's Group 1230-130PM - Crouch**

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

### **Navigating the Neurotypical World 10-1130AM - North East**

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 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.

### **SAFE (Self Abuse Finally Ends) 6PM North East**

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.

### **Youth SAFE - Ages 12+ 430PM - North East**

SAFE is an ongoing peer support group for individuals who use self-harm to cope. Program modules and check-ins help to give participants a better understanding of the thoughts, feelings and behaviours around self-harm.

### **PS Drop In - Talbot House - Elgin 9AM -12PM**

1:1 Peer support available

### **Withdrawal Management - Tuesdays 2PM, Thursdays 10AM - Elgin**

Support with 1:1, post withdrawal, self-compassion



### **Bits & Bobs Co-Production 1030AM-12PM**

This ongoing Co-production will focus on creating one-off workshops on topics of interests. 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!

### **Forging Ahead Co-production 2-330PM**

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

### **Thrive Advisory Partnership 1030AM-12PM**

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

### **Mother's Inspiring Loving Families: Co-production 12-1:30PM**

Mother 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.

### **Sanism Co-Production 9AM**

## VIRTUAL GROUPS

### **Freedom Online Community Fridays 2-4PM**

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, personal growth and connect with others on our journey.

### **Let's Talk About . . . Substance Use and Mental Health 2-4PM**

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.