



Virtual Links and Locations are sent after registration

Monday	Tuesday	Wednesday	Thursday	Friday
Virtual » Register for Programs (www.cmhatv.ca/register)				
<p>Creative Minds 1-2pm Nov 4 - Dec 16 and Dec 30 *No group on Dec 23*</p> <p>Let's Talk About ... 2-3 pm Nov 4 – Dec 30</p>	<p>Connecting to the Moment 2-4pm Nov 5 – Dec 17</p> <p>*New Years Eve Fun 1-3pm Dec 31</p>			<p>Mindful Hour Plus 11:30am-1pm Nov 1 – Dec 20</p> <p>Friday Warriors 1:30-2:30pm Nov 1 – Dec 13</p> <p>Freedom Online Community 2-330 pm Nov 1 – Dec 27</p>
In Person – LONDON » Register for Programs (www.cmhatv.ca/register)				
<p>Mindful Hikes 3-4pm Nov 4 – Dec 23 South Central</p> <p>DBT at a glance 10am–12pm Oct 28, Nov 25, Dec 23 Central</p> <p>Mindful Journey 2-4pm Nov 18, Dec 30 Central</p> <p>*Gingerbread Club 12-2pm Dec 23 Central</p>	<p>Mindful Hikes 11-12pm Nov 4 - Dec 17 East/West</p> <p>Cards & Games 1-3pm Nov 4 – Dec 17 East Central</p> <p>*Festive Drop In 9:30-11:30am Dec 24 Central</p>	<p>Navigating the Neurotypical 10-11:30am Nov 13, Nov 27, Dec 11 North East</p> <p>Women's Art Group 2:00-4:00 pm Nov 4 – Dec 18 East Central</p> <p>Styx & Stones 1:30pm-3pm Oct 23 – Nov 20 Central</p> <p>Youth SAFE 4:30-5:30pm Nov 4 – Dec 18 North East</p> <p>SAFE 6-7pm Nov 4 – Dec 18 North East</p> <p>*Holidays Around the World 1:30-3:30pm Dec 11 Central</p>	<p>Sharing our Strength PS 11-12pm Nov 7 – Dec 19 North East</p> <p>Stocking Program 1-4pm Nov 7, Nov 14, Nov 21, Nov 28, Dec 5, Dec 12 Central</p> <p>Men's Group 12:30-1:30pm Nov 7 – Dec 19 East</p> <p>Connecting over Coffee 1:30-3:30pm Nov 7 – Dec 19 Central</p> <p>Intersections 4-6pm Nov 7, Nov 21, Dec 5, Dec 19 Central</p> <p>*Victoria at Night 6-7pm Dec 5, Dec 12, Dec 19 Central</p>	<p>Drop-In Hub 9:30-11:30am Central</p> <p>Pickle Pals 2:30-3:30pm Oct 4 – Nov 29 East Central</p> <p>*Gingerbread Club 1:30-3:30pm Dec 20 Central</p>

For programs with a *, registration will open on November 18th.



Virtual Links and Locations are sent after registration

Thrive Co-Productions - All co-productions locations to be shared after registration – register by emailing thriveinstitute@cmhatv.ca				
Bits & Bobs 10:30am-12pm Nov 4, 11, 25, Dec 2, 9, 16, 30	Sanism 9-10:30am Nov 12, 26, Dec 10	Forging Ahead 2-4pm Nov 4 – Dec 18		
Thrive Advisory Partnership 10:30am-12pm Nov 25, Dec 23	Mothers inspiring mothers 12pm-1:30pm Nov 5- Dec 24			
In Person – ELGIN				
Aylmer Drop-In 211 John St N, Aylmer 9-2pm	Talbot House Time 655 Talbot St, St. Thomas 9-12pm	Talbot House Time 655 Talbot St, St. Thomas 9-12pm	Talbot House Time 655 Talbot St, St. Thomas 9-12pm	Talbot House Time 655 Talbot St, St. Thomas 9-2pm
Talbot House Time 655 Talbot St, St. Thomas 9-2pm				Peer Support 655 Talbot St, St. Thomas 9-12pm
Peer Support 655 Talbot St, St. Thomas 9-12pm				

Aylmer Drop-In

Stop in to enjoy company, conversation, card games & more in a safe and supportive environment. *Open to registered members. *Closed on Nov 11, Dec 23 and Dec 30**

Bits & Bob Co-production - Virtual

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 co much more. Come check it out and see if co-production is a good fit for you!

Cards & Games

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

**This is a partnership with Crouch Neighbourhood Resource Centre*

Connecting over Coffee

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

Connecting to the Moment: #2 Interpersonal Relationships – Virtual

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. We will use interpersonal effectiveness skills to facilitate the development of trust & friendship, which will reduce the likelihood of interpersonal conflict in order to enhance healthy relationships.

Creative Minds - Virtual

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!



DBT at a glance

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.

Drop In Hub

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.

Festive Drop In

Join us on December 24th for some festive activities and an opportunity to connect with others during the holidays!

Friday Warriors - 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.

Forging Ahead Co-production - Virtual

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

Freedom Online Community - Virtual

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 the journey.

Gingerbread Club

This Group will be a fun interactive group in which we will decorate Gingerbread together in person, enjoying our creativity and all things sweet! Join us as we listen to holiday music, socialize, & enjoy some holiday treats together!

Holidays Around the World

This is a big wide world and we are going to explore it! Join us as we take a look at how different culture celebrate the end of the year. We will learn, chat and cultivate our curiosity as we see how people all over the globe experience this joyous time of year!

Intersections

Creating a safe space for people that identify 2SLGBTQIA+ or are questioning their sexuality of gender identity. Strengthen your peer support base and get connected to various community resources and Queer related events/functions.

Let's Talk about ... Substance Use and Mental Health - Virtual

A weekly drop in 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.

Mindful Hour Plus - Virtual

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 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.

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 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.

New Years' Eve Celebration

Join us on December 31st for some New Years themed activities to help us Ring in 2025!

Men's Group

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! **This is a partnership with Crouch Neighbourhood Resource Centre*

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 triggers, learning to respond skillfully rather than react habitually, these skills can contribute to recovery maintenance.



Mindful Hikes

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 come physical activity and help foster good mental health.

Mothers Inspiring Mothers Co-production

Mothers with lived experience of mental health/addictions 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.

Peer Support- Elgin

Peer support staff will be on site for those needing to talk to a peer about any issues they may be having.

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 is an 8-week 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!

Women's Art Group

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

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.

Sanism

A group of passionate peers working together to raise awareness about Sanism and its impacts. Also, we are developing strategies to educate and make meaningful change within our community.

Sharing our Strength

Join us for a group that focuses on connecting together to support each other in working through the challenges of life.

Styx and Stones

Words can literally change your brain, and language shapes how we see the world! The words we choose and the meanings we attach to them influence our feelings, attitudes and beliefs. We will look at various theories, external sources, and take part in discussions and activities. We will explore how creative writing can be a powerful coping skill for times when we are feeling overwhelmed

Stocking Program

Help us spread a little cheer this festive season! We are looking for volunteers to help us decorate gift bags for our annual stocking project.

Talbot House Time

Stop by to enjoy company, conversation, card games & more in a safe and supportive environment. *Open to registered members. *Closed on Nov 29, Dec 25-27 and Jan 1**

Thrive Advisory Partnership -Virtual

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

Victoria at Night

Join us for an interactive, social nature walk around Victoria Park in London, as we take in the Holiday lights! This will also increase our social network during the Holiday season, aid in some physical activity and help foster good mental health in nature!

Youth SAFE

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.

For more information about London-based programs, email CommunityWellnessProgramsLondon@cmhatv.ca or call us at 519-668-0624, ext. 3146

For more information about Elgin-based programs, email Social.Rehabilitation@cmhatv.ca or call us at 519-633-1781, ext. 1141.