



Monday	Tuesday	Wednesday	Thursday	Friday
Virtual » Register for Programs (www.cmhatv.ca/register)				
<p>*No Groups on February 17th* DBT At A Glance 10am–12pm January 20, February 10, March 10, March 31</p> <p>Creative Minds 11-12pm January 6 – March 31</p> <p>Let’s Talk About ... 2-4pm January 6 - March 31</p>	<p>Connecting to the Moment Series 3 2-4pm January 7 – February 25</p> <p>Connecting to the Moment Series 4 2-4pm March 4 - April 22</p>			<p>Mindful Hour Plus 11:30am-1pm January 10 – March 28 *No group on Jan 17 and Feb 14*</p> <p>Friday Warriors 1:30-3pm January 10 – March 28 *No group on Jan 17 and Feb 14*</p> <p>Freedom Online Community 2-4pm January 10 – April 4</p>
In Person – LONDON » Register for Programs (www.cmhatv.ca/register)				
<p>*No Groups on February 17th* London Art Gallery and Museum Tours 1-2:30pm January 20 – February 10</p> <p>Mindful Journey 2-4pm January 20, Feb 24, March 24 Central</p> <p>Mindful Hikes 3-4pm January 6 – March 31 South Central</p>	<p>Mindful Hikes 11-12pm January 7 – April 1 East/West</p> <p>Cards & Games 1-3pm January 7 – April 1 East Central</p>	<p>Coffee Social 10-11am January 15 - April 2 Central</p> <p>Mind Over Mood 10am-12pm January 22 - March 12 Central</p> <p>Navigating the Neurotypical 10-11:30am Jan 8, Jan 22, Feb 5, Feb 19, Mar 5, Mar 19, Apr 2 North East</p> <p>Perfectly Imperfect 12:30-2:30pm Feb 5 – March 12 Central</p> <p>Women’s Art Group 2:00-4:00 pm January 8 – April 2 East Central</p> <p>Soup and Social 4-6pm January 15 – February 19 South</p> <p>Youth SAFE (Ages 12-18) 4:30-5:30pm January 8 – April 2</p> <p>SAFE (Adult 18 +) 6-7:30pm January 8 – April 2</p>	<p>Sharing our Strength PS 11-12pm January 9 – April 3 North East</p> <p>Men’s Group 12:30-1:30pm January 9 – April 3 East</p> <p>Supportive Listening 1-2pm January 9 – January 30 Central</p> <p>Connecting over Coffee 1:30-3:30pm January 2 – April 3 Central</p> <p>Compassionate Communication 2-4pm January 9 – February 27 Central</p> <p>Intersections 4-6pm Jan 2, Jan 16, Feb 6, Feb 20, Mar 6, Mar 20, Apr 3 Central</p>	<p>Drop-In Hub 9:30-11:30am January 10 – April 4 200 Queens Ave</p> <p>Pickle Pals 3:00-4:00pm January 10 – March 14 *No group on Jan 17 and Feb 14* East Central</p>



Thrive Co-Productions - All co-productions locations to be shared after registration – register by emailing thriveinstitute@cmhatv.ca				
<p>*No Groups on February 17th*</p> <p>Bits & Bobs 10:30am-12pm Jan 6, Jan 13, Jan 20, Feb 3, Feb 10, Mar 3, Mar 10, Mar 17, Mar 31</p> <p>Thrive Advisory Partnership 10:30am-12pm January 27, February 24, March 24</p>	<p>Sanism 9-10:30am January 7 – April 1</p> <p>Mothers Inspiring Loving Families 12pm-1:30pm January 7 – April 1</p>	<p>Forging Ahead 1:30- 3:30pm January 8 – April 2</p>		
In Person – ELGIN				
<p>*Centre will be closed on February 17th*</p> <p>Aylmer Drop-In 211 John St N, Aylmer 9-2pm</p> <p>Talbot House Time 655 Talbot St, St. Thomas 9-2pm</p>	<p>Talbot House Time 655 Talbot St, St. Thomas 9-12pm</p> <p>Peer Support 655 Talbot St, St. Thomas 9-12pm</p>	<p>Talbot House Time 655 Talbot St, St. Thomas 9-12pm</p>	<p>Talbot House Time 655 Talbot St, St. Thomas 9-12pm</p>	<p>*Centre is closed on January 17 and February 14*</p> <p>Talbot House Time 655 Talbot St, St. Thomas 9-2pm</p> <p>Peer Support 655 Talbot St, St. Thomas 9-12pm</p> <p>Substance Use & Self- Compassion in Recovery 1pm - 2pm January 10 – April 4</p>

****Virtual Links and Specific Locations are sent after registration****

Aylmer Drop-In

Stop in to enjoy company, conversation, card games & more in a safe and supportive environment. *Open to registered members. *Closed on Feb 17**

Bits & Bob Co-production - Virtual

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 co much more. Come 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 drop-in group where we have fun, socialize and enjoy some treats.

**This is a partnership with Crouch Neighbourhood Resource Centre. No registration required.*

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.

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.

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 support system, come chat with our peer support staff.

Connecting to the Moment: #3 Emotional Regulation – 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. Difficulties in regulating our painful emotions are central to challenges in our lives. To work towards emotional self-validation, we will learn a variety of skills and strategies to balance our emotions and improve our relationships with others.



Connecting to the Moment: #4 Distress Tolerance – 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. Difficulties in regulating our painful emotions are central to challenges in our lives. To work towards emotional self-validation, we will learn a variety of skills and strategies to balance our emotions and improve our relationships with others.

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 working on our own personal projects. 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.

January 20 – Mindfulness
March 10 – Emotional Regulation

February 10 – Interpersonal Relationships
March 31 – Distress Tolerance

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. This takes place at our main office in London at 200 Queens Ave, 2nd floor every Friday.

Friday Warriors - Virtual

Looking for something fun to do and somewhere to meet new people? Come join us and be a Friday Warrior. The group engages in a variety of games, such as trivia, wheel of fortune, crosswords, and much more. An informal social gathering 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.

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.

London Art Gallery and Museum Tours

Join us as we engage in tours of a variety of art galleries & museums throughout our Forest City!

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 Hour Plus - Virtual

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 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.

Mindful Journey

Mindful practice promotes the 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.

Mind Over Mood

This group uses Cognitive Behavioural Therapy (CBT) approach to treat anxiety, depression, low self-esteem or just cope better with stress. It is based on the Mind over Mood workbook by Dennis Greenberger, PH.D., and Christine Padesky, Ph.D.

This 8-week program is an interactive skills group. We ask participants to attend all sessions and complete home activities to build experience and confidence with the skills presented. *For more information or to register for this group, email Afsaneh.Azari@cmhatv.ca.*

Mothers Inspiring Loving Families 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.



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.

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.

Perfectly Imperfect

This program is for individuals who have an interest in exploring what it means to honor and accept themselves. Over the course of six weeks, participants will be provided with several different exercises and activities that will encourage the understanding of self-compassion. Participants will learn the concepts of kindness towards self and others.

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!

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.

Soup and Social

Each one of the six sessions will consist of a different theme and topic aiming to promote a healthier lifestyle and strengthening of cooking skills. The program consists of hands-on cooking aspect, an educational aspect, as well as a socializing aspect.

Sharing our Strength

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

Substance Use & Self- Compassion in Recovery

Join our peer-led group for individuals in substance use recovery, with a focus on practicing self-compassion. This safe, non-judgmental space offers support for managing triggers, setbacks, and cravings while encouraging kindness and self-determination. Whether you're maintaining sobriety or using harm reduction strategies, connect with others and share your journey.

Supportive Listening

Supportive listening aims to cover several topics including active listening and how to address emotions with empathy. This lecture also discusses how people in different cultures communicate with each other. This session is designed to be interactive, with practical exercises and real-life scenarios to help participants apply these skills in their daily interactions. Participants are expected to support the one in need and build connections with confidence after the session.

Talbot House Time

Stop by to enjoy company, conversation, card games & more in a safe and supportive environment. *Open to registered members. *Closed on Jan 17, Feb 14 and Feb 17**

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.

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 drop-in 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. No registration required.*

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 Elgin-based programs, email
[CWP. Elgin@cmhatv.ca](mailto:CWP.Elgin@cmhatv.ca) or call us at **1-855-855-CMHA**
(2642), ext. 1141.

For more information about London-based programs, email
[CWP. London@cmhatv.ca](mailto:CWP.London@cmhatv.ca) or call us at **1-855-855-CMHA**
(2642), ext. 3554.