



Monday	Tuesday	Wednesday	Thursday	Friday
Virtual » Register for Programs (www.cmhatv.ca/register)				
<p>*No Groups on April 21 & May 19* DBT At A Glance 2:00-4:00pm April 28, May 12, June 2, June 16</p> <p>Creative Minds 11:00-12:00pm April 7 - June 30</p> <p>Let's Talk About ... 2:00-4:00pm April 7 - June 30</p>	<p>Connecting to the Moment Series 4 2:00-4:00pm April 8 - April 22</p>		<p>Blue Zones 1:00-2:00pm April 24 - May 29</p> <p>Call of the Wild 1:00-2:30pm April 3 - April 17</p> <p>Calming the Angry Waves 1:30-3:30pm June 5 - July 10</p>	<p>*No Groups on April 18* Freedom Online Community 2:00-4:00pm April 11 - July 4</p> <p>Mindful Hour Plus 11:30-1:00pm April 11 - July 4 *No group on June 6*</p> <p>Friday Warriors 1:30-3:00pm April 11 - May 16</p>
In Person – LONDON » Register for Programs (www.cmhatv.ca/register)				
<p>*No Groups on April 21 & May 19* Sharing our Stories 2:00-4:00pm May 5 Central</p> <p>Mindful Journey 2:00-4:00pm April 14, May 26, June 23 Central</p> <p>Mindful Hikes 3:00-4:00pm April 7 - June 30 Central</p>	<p>*No groups on July 1* The Choice is Mine 10:00-11:30am April 15, April 22 Central</p> <p>Mindful Hikes 11:00-12:00pm April 8 - June 24 East/West</p> <p>Drawing on the Right Side of the Brain 10:00-11:30am May 6 - June 10 East Central</p> <p>Cards & Games 1:00-3:00pm April 8 - June 24 East Central</p> <p>Sink into Sleep 1:30-3:00pm May 13 - June 17 South Central</p> <p>Green Thumbs 3:30-4:30pm May 6 - June 24 East Central</p>	<p>Coffee Social 10:00-11:00am April 16 - May 28 Central</p> <p>Baseball 10:30-12:30pm June 4 - September 3 Central</p> <p>Letters from the Heart 2:00-3:30pm March 26 - April 23 Central</p> <p>Navigating the Neurotypical 10:00-11:30am April 16, April 30, May 14, May 28, June 11, June 25 North East</p> <p>Anxiety Management 11:30-1:30pm June 11 - July 23 Central</p> <p>Food and Mood 1:00-2:30pm April 30 - May 14 Central</p> <p>Women's Art Group 1:30-3:30pm April 9 - June 25 East Central</p>	<p>Sharing our Strength PS 11:00-12:00pm April 10 - July 3 North East</p> <p>Pickle Pals 11:30-12:30pm June 5 - July 3 East Central</p> <p>Men's Group 12:30-1:30pm April 3 - July 3 East</p> <p>Boundaries Workshop 1:00-4:00pm April 24 Central</p> <p>Connecting over Coffee 1:30-3:30pm April 10 - July 3 Central</p> <p>Mind over Mood 1:30-3:30pm April 10 - May 29 Central</p> <p>Intersections 4:00-6:00pm Apr 17, May 1, May 15, June 5, June 19, July 3</p>	<p>*No Groups on April 18* Drop-In Hub 9:30-11:30am April 11 - July 4 200 Queens Ave</p> <p>Friday Warriors 1:30-3:00pm May 23 - July 4 Central *No group on June 6*</p>

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

		Youth SAFE (Ages 12-18) 4:30-5:30pm April 9 - July 2 SAFE (Adult 19 +) 6:00-7:30pm April 9 - July 2	Central	
Thrive Co-Productions - All co-productions locations to be shared after registration – register by emailing thriveinstitute@cmhatv.ca				
No Groups on April 21 and May 19 Bits & Bobs 10:30-12:00pm April 7, April 14, May 5, May 12, June 2, June 9, June 16, June 30 Thrive Advisory Partnership 10:30-12:00pm April 28, May 26, June 23	Sanism 9:00-10:30am April 8 - June 24 Managing Suicidal Thoughts 10:30-12:00pm April 8, April 22, May 6, May 20, June 3, June 17 Psychosis Course 4:00-5:30pm April 1 - April 29 Central	Forging Ahead 1:30- 3:30pm April 9 - July 2		

Anxiety Management

An eight-week psychoeducational series for people living with anxiety that runs for 90 minutes, once a week. The group defines “anxiety” and provides strategies, resources and information based on the CBT model, mindfulness, and exposure therapy techniques.

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!

Baseball

Call out for CMHATV Warriors- we’re looking for players to join our fun, non-competitive baseball team! Our team fosters a sense of belonging in a welcoming, non-judgmental environment. It’s a great way to meet people, stay active, and develop baseball skills. Get some exercise, enjoy the game, and have fun. **Please bring your own water bottle*

Blue Zones - Virtual

Join us as we explore the Blue Zones—unique regions around the world where health and longevity thrive. We’ll take a closer look at each of these areas to uncover the lifestyle choices that contribute to their remarkable lifespans and discover what habits may help “stack the deck” for a longer, healthier life.

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.

Boundaries Workshop

Join us for a workshop on understanding and setting healthy boundaries. In this session, you will learn how to define boundaries, recognize what healthy boundaries look like, and understand why they are essential for maintaining balance and well-being. Through practical strategies and discussion, you will gain the tools to set and uphold boundaries in various aspects of life, empowering you to communicate your needs effectively and build healthier relationships.

Call of the Wild - Virtual

This group offers a fun and engaging way to explore different categories of animals each week through discussions, fun facts, videos, and activities. Participants can connect with fellow animal lovers, learn about local resources, hear from a guest speaker, and explore potential field trip opportunities.

Calming the Angry Waves - Virtual

In this program, participants will explore their anger patterns, triggers, and the physical, emotional, and cognitive experiences that come with them. Through mindfulness practices, we will learn strategies to bring more balance to our thoughts, emotions, and actions.

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.

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!

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.

Drawing on the Right Side of the Brain

Let's take time out of our busy lives to learn and practice the coping skill of art. Art and Mental Health have a long history of benefits, the purpose of this group is to bring those to light and share the skill building that can be used when feeling overwhelmed.

DBT At A Glance - Virtual

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.

April 28 - Mindfulness

May 12 - Interpersonal Relationships

June 2 - Emotional Regulation

June 16 - 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.

Forging Ahead Co-production - Virtual

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

Food and Mood

In these 90-minute educational seminars we will look at how food can influence our mood. Various topics will be examined to bring more awareness surrounding the physiological, behavioural and psychological impact that nutrition has on us. Topics that will be explored:

1. The Gut Brain Axis
2. Meal Frequency and Timing
3. Intuitive Eating "Non-Diet Nutrition"

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.

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.

**This group will transition to in-person sessions starting May 23rd, weather permitting*

Green Thumbs

Join us this spring, as we set out to develop a community garden, and connect with one another through the power of nature. We will work together to grow our own fresh vegetables, herbs, fruit and flowers. We will learn gardening skills and share in the feeling of success when we harvest our bounty!

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.

Letters from the Heart

In this five-week workshop we will explore the benefits of creative writing and how it can positively impact our mental health. We will look at different writing styles, participate in various activities, share our creations, and strengthen our sense of wellbeing and connection through the written word.

Managing Suicidal Thoughts - Virtual

A supportive group offering a safe space to co-produce a course on different methods of addressing suicidal thoughts and feelings.

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!

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.*

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.

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!

Psychosis Course

Join us for an engaging course on Psychosis, where you'll gain a deeper understanding of the condition and how individuals can manage it effectively.

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.

Sharing our Stories

In recognition of Mental Health week, please join us on Monday May 5th from 2-4pm as four individuals will share their personal stories of lived experience and will engage the audience in discussion about mental health. These stories help people to connect, realize that they are not alone, and inspire hope. A resource table will also be provided, and staff will be available to assist you with any inquiries.

Sink into Sleep

Insomnia is a persistent and unsatisfactory sleep disorder that can impact our daily responsibilities and activities. It can make sleep feel like a challenge, even though it's a natural part of each 24-hour cycle. Together, we will learn about insomnia and explore evidence-based strategies to achieve the refreshing, restorative sleep we need. By the end of the six weeks, participants will see a noticeable improvement in their quality of sleep.

The Choice is Mine

The Choice is Mine, the Choice is Ours! With the next federal election approaching, it's time to get informed and ready to vote. Join us for engaging sessions where we will explore Canada's parliamentary and electoral systems, review the current platforms of each political party, and learn about the local candidates running in this year's federal election. This is a great opportunity to gain the knowledge needed to make a confident and informed choice at the polls.

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 London-based programs,
email CWP.London@cmhatv.ca or call us at **1-855-855-**
CMHA (2642), ext. 3554.