



# Peer Support Virtual Groups

## April, May, June 2023

### H.O.P.E. Series

**Hope, Optimism, Pride, Empowerment**

**Mondays 12:30-1:30pm**

*Anxiety and Panic*  
**6 weeks, April 17, 2023**

*Identifying Unhealthy Relationships*  
**4 weeks, June 5, 2023**

**Monday Evenings 6:00pm – 7:15pm**

*Letting Go and Moving on*  
**6 weeks, April 17, 2023 (no group May 22)**

*Building Better Boundaries*  
**4 weeks, June 5, 2023**

**The H.O.P.E. Series are psychoeducational groups that cover a wide variety of topics that are intended to support people in enhancing their wellness. Registration is required as these groups run in a series of sessions and are not available as drop-ins.**

### Wellness Recovery Action Plan

#### Introductory Group

**Fridays 10:30-12:00 pm**

WRAP® is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. WRAP helps you to recognize early warning signs and develop an action plan to return yourself to wellness, crisis plan to make sure you are prepared in the event that you need it and that you are better able to meet the stressors you encounter in life.

**Starting May 19th**

For more information or to register contact:  
Peer Support: [DMHSPeer@lh.ca](mailto:DMHSPeer@lh.ca) or 905-666-0483



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## Recovery College In Partnership with Ontario Shores



### **My Story My Voice- 6 weeks**

Sharing experiences can be a meaningful way to change one's story from one of illness to one of strength, hope and wellness. In this course, you will use your own personal and unique lived experience to craft your story; working towards feeling comfortable and confident with sharing your work.

**Thursday 10:30am – 11:45am  
May 4 – June 8,  
June 22-July 27**

### **Who Am I? – 6 weeks**

Whether we are coming out of the fog of mental health, addiction or a major life change, "Who am I?" is a question we may find ourselves not knowing the answer to. We may have spent much of our lives working to please or satisfy the expectations of others or you may simply be ready for a change. This group will help you to explore; your values, your happiness, life satisfaction, your likes and your dislikes, to find the best possible answer to this elusive question.

**Tuesday 1:00pm, May 2-June 6, 2023**

### **Communication and Conflict- 6 weeks**

This is a course for people who want a better understanding of conflict and how our communication can impact the conflict in our lives. As a group, we will look at why some conflicts happen, we will learn effective communication skills for conflict resolution, as well as to learn strategies to prevent conflict. We will also talk about building listening skills and empathy to strengthen our communication with others.

**Tuesday 1:00pm, June 20-July 25, 2023**

## Skills Practice Sessions

For those looking to manage emotions, learn calming techniques, learn effective communication strategies, learn to maintain boundaries. Also helpful for improving moods, confidence and motivation through catching, challenging and replacing negative thinking.

**Wednesdays 12:30-2:00pm**

Topics (see separate Calendar for Schedule):

Interpersonal Interactions	Probing your Principals
Maintaining your Momentum	Minding your Emotions
Overcoming Obstacles	Intro to CBT

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### Mindfulness Practice Groups

*Thursdays 1:00-2:30pm*

#### **Introduction to Mindfulness Practice 6 weeks**

For those who experience symptoms of stress, anxiety, depression or intrusive thoughts. Mindfulness assists in cultivating self-awareness and intentional action.

#### **Applying Mindfulness in Everyday Life 4 weeks**

Geared toward those with experience in Mindfulness Practice, this group discusses applications in daily life and contains longer meditations. Topics will include, Using Mindfulness to Cope with Anxiety, Depression and Feeling Overwhelmed, Responding Rather than Reacting to Stress, Improving Relationships with Mindfulness and Increasing Focus and Staying on Task.

*10 week program starts Starting on March 30, 2023*

### Drop-In Community Groups

#### **Wellness Social Group**

Participants will have the opportunity to explore diverse wellness topics and recovery tools that encourage the development of personalized coping strategies through the use of information sharing, group discussion and positive social interaction.

*Fridays 10:00am-11:30am*

#### **Mindful Monday Drop-In Group**

Participants will have the opportunity to cultivate mindfulness by practicing various guided meditations

*Mondays 10:00am-10:45am*

### **Pots, Pans and Peers**

This group offers a safe and supportive environment where individuals will have the opportunity to increase their cooking skills. We will prepare nutritious and affordable meals while in the comfort of their own kitchen and enjoying the supportive group conversation.

*Mondays 3:30 – 4:30pm*

### **Music Group**

For those who have a love of music and enjoy participating in singing, playing an instrument, or just let the music move you.

*Tuesdays 2:30 –4:00pm*

### **Craft and Chat**

Participants will have the opportunity socialize and relax while using the varieties of crafts and art that you have available at home.

*Wednesdays 2:00-3:30 pm*

### **Our Voice Sharing Circle**

The Circle is a sacred symbol and a means of providing support, structure and a place to gather to those who are struggling to increase and maintain their wellness as they recover from violence, trauma, grief and all forms of mental health issues. This Circle is a peer lead initiative, for those who self-identify as Indigenous, that draws from the strengths, skills and knowledge of its members as they journey together to affirm and reclaim their identity, culture and recovery.

*Start date to be announced*

**For more information or to register contact:**

**Peer Support: [DMHSPeer@lh.ca](mailto:DMHSPeer@lh.ca) or 905-666-0483**



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### Day Programs at DMHS

Social Recreation Programs that provides various Psychoeducational, relaxing, and social groups

#### **New Leaf**

**Monday- Thursday 10:00-11:30am and 12:30-2:00pm**

#### **New Winds**

**Monday 10:00am – 1:00pm**

**Tuesday, Wednesday and Thursday 10:00am – 2:00pm**

### Suicide Survivors Groups

#### **8-Week Closed Group and Ongoing Drop-In Group**

These groups, facilitated by staff and peer volunteers, provide support and education for those who have lost a loved one to suicide. The closed 8-week group covers specific topics including anger, blame, guilt & regret, relationships & supports, and future support; it's never too late to attend the closed group. The drop-in group welcomes anyone who has lost someone to suicide; this group meets twice a month.

**Closed 8 week Group** – Wednesdays 7-9 pm starting start date TBA

**DROP IN Group**- Every other Thursday 7-9 pm

**Please contact Susan for registration 905-430-3511 [suward@lh.ca](mailto:suward@lh.ca)**

### VASE

### Voices Against Stigma Everywhere

This is a dedicated group of speakers who have lived experience of mental health and/or of struggling with substance use disorders or who have supported someone who was battling for their wellness. They speak on a wide variety of topics to share elements of their lives, so that others might know that they are not alone, that their experience is more ordinary than they believe and there is hope that their wellness can improve and will to some degree.

**Thursday Evenings, 6:00-7:30pm**

**Starting April 6**

For more information or to register contact Lynn at [lmoulds@lh.ca](mailto:lmoulds@lh.ca)

### Mental Health First Aid

#### Virtual Certification Courses

**1) Standard course (\$130 per person)**

**2) Supporting Youth (\$140 per person)**

**Module 1** -2 hour on line course to complete prior to course

**Module 2**- 3 -4 hour facilitated Virtual course

**Module 3**- 3 -4 hour facilitated Virtual course

You must attend the full course with the same group as you started. You must attend both sessions to receive certification

**Please email [dmhspeer@lh.ca](mailto:dmhspeer@lh.ca) for more information.**

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