



Peer Support Virtual Groups

October, November, December 2023

H.O.P.E. Series

Hope, Optimism, Pride, Empowerment

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.

Monday's (in person) from 1:00-2:00pm

Self-Esteem

6 weeks, October 16 - November 27, 2023

please note there is no group on November 13th

Gratitude and Optimism

3 weeks, December 4 - December 18, 2023

Wednesday Evenings (virtual) 6:00pm – 7:00pm

Building Better Boundaries

4 Weeks October 11 – November 1, 2023

Radical Acceptance

6 weeks, November 15-Dec 20

Skills Practice Sessions

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

Starting October 16th

Monday's 11:00-12:30pm

In-person and Virtual option available

Interpersonal Interactions	Probing Your Principles
Maintaining Momentum	Minding Your Emotions
Overcoming Obstacles	

Topics and days: see calendar version for schedule

Mindfulness Practice Groups

Geared toward those with experience in Mindfulness Practice who experience symptoms of stress, anxiety, depression or intrusive thoughts. 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.

Starting October 16

Monday's 2:30-3:30pm – Available in person

For new registers contact: Central Connect at CentralConnectMHA@lh.ca or 905-440-7534.
For existing DMHS/Lakeridge Health peer support members Contact: Peer Support at DMHSpeer@lh.ca



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Drop In Groups

Mindful Thursday Drop-In

Starting October 5th

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

Thursday's 2:00-3:00pm- available virtually

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.

Tuesday's 2:30 –4:00pm -available in person and virtual

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.

Friday's 10:00-11:30am – available virtually

Craft and chat

Participants will have the opportunity socialize, have fun, and relax while using the varieties of craft supplies they have at home

Wednesday's 2:00-3:00pm – available virtually

Games and Crafts

Starting October 5th

Participants will have the opportunity socialize, have fun, and relax while using the varieties of crafts and games.

Thursday's 2:30-4:00pm - available in person

Pots, Pans and Peers

Starting October 2nd

Individuals will have the opportunity to increase their cooking skills, prepare nutritious and affordable meals while in the comfort of their own kitchen while enjoying a supportive group conversation.

Monday's 3:30 – 4:30pm – available virtually

Ajax Coffee Social

Starting October 2nd

A social gathering in person at Tim Hortons. Enjoy a drink, treat, and socialization

Monday's 1:30-3:00pm – available in person

Whitby Coffee Social

A social gathering in person at Tim Hortons. Enjoy a drink, treat, and socialization

Wednesday's 2:30-3:30pm – available in person

Day Programs at DMHS

Social Recreation Programs that provides various Psychoeducational, and social groups

New Leaf - Virtual

Tuesday-Thursday

10:00-11:30am and 12:30-1:30pm

New Winds – In Person

Monday 10:00am – 1:00pm

Tuesday, Wednesday and Thursday

10:00am – 1:00pm and 1:00-2:00pm

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North Durham Wellness Social

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.

Start Date and Location TBD

Port Perry Wellness Social

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.

Start Date and Location TBD

Recovery College

In Partnership with Ontario Shores



WRAP – 7 weeks

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.

Tuesday's 1:00pm, October 24th – Dec 5th

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's 6:00-7:30pm

For more information or to register contact Lynn at lmoulds@lh.ca

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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.

TBA

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.

DROP IN Group- Every other Thursday 7-9 pm

8 Week Closed group: start date TBA

Please contact Denise at dgould@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 for more information.

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