

April 2023

Durham Mental Health Services Peer Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
3 10- 10:45am Mindful Monday 12:30 – 2:00pm HOPE Series – Communication and Conflict 3:30pm – 4:30pm Pots, Pans & Peers 6:00pm – 7:00pm HOPE Series Radical Acceptance	4 2:30-4:00pm: Music Group (Drop In)	5 12:30 – 2:00pm HOPE Series – Communication and Conflict 2:00-3:30pm: Craft & Chat (Drop In)	6 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In)	7 GOOD FRIDAY NO PROGRAMING
10 EASTER MONDAY NO PROGRAMING	11 2:30-4:00pm: Music Group (Drop In)	12 12:30-2:00pm: Skills Practice: Interpersonal Interaction 2:00-3:30pm: Craft & Chat (Drop In)	13 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In) 7-9pm Suicide Survivor (Drop In)	14 10:00-11:30am Wellness Social Group (Drop In)
17 10- 10:45am Mindful Monday 12:30 – 1:30pm HOPE Series – Anxiety and Panic 3:30pm – 4:30pm Pots, Pans & Peers 6:00pm – 7:00pm HOPE Series Letting Go and Moving On	18 2:30-4:00pm: Music Group (Drop In)	19 12:30-2:00pm: Skills Practice: Interpersonal Interaction 2:00-3:30pm: Craft & Chat (Drop In)	20 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In)	21 10:00-11:30am Wellness Social Group (Drop In)
24 10- 10:45am Mindful Monday 12:30 – 1:30pm HOPE Series – Anxiety and Panic 3:30pm – 4:30pm Pots, Pans & Peers 6:00pm – 7:00pm HOPE Series Letting Go and Moving On	25 2:30-4:00pm: Music Group (Drop In)	26 12:30-2:00pm: Skills Practice: Interpersonal Interaction 2:00-3:30pm: Craft & Chat (Drop In)	27 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In) 7-9pm Suicide Survivor (Drop In)	28 10:00-11:30am Wellness Social Group (Drop In)



To register email:
DMHSPeer@lh.ca
 or call:
 905-666-0483

New Leaf – Monday-Thursday
10am-11:30 and 12:30-2pm

New Winds –Monday 10 – 1pm
Tuesday, Wednesday and Thursday 10am – 2pm

Suicide Survivors Group:
Contact Susan at
suward@lh.ca

Mental Health First Aid:
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May 2023

Durham Mental Health Services Peer Support Groups

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10- 10:45am Mindful Monday 12:30 – 1:30pm HOPE Series – Anxiety and Panic 3:30pm – 4:30pm Pots, Pans and Peers 6:00pm – 7:00pm HOPE Series Letting Go and Moving On	2 1:00-2:15pm: Recovery College: Who Am I? 2:30-4:00pm: Music Group (Drop In)	3 12:30-2:00pm: Skills Practice: Maintaining Momentum 2:00-3:30pm: Craft & Chat (Drop In)	4 10:30 – 11:45am: Recovery College – My Story, My Voice 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In)	5 10:00-11:30am Wellness Social Group (Drop In)
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22 VICTORIA DAY NO PROGRAMING	23 1:00-2:15pm: Recovery College: Who Am I? 2:30-4:00pm: Music Group (Drop In)	24 12:30-2:00pm: Skills Practice: Probing Your Principals 2:00-3:30pm: Craft & Chat (Drop In)	25 10:30 – 11:45am: Recovery College – My Story, My Voice 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In) 7-9pm Suicide Survivor (Drop In)	26 10:00-11:30am Wellness Social Group (Drop In) 10:30-12:00pm WRAP
29 10- 10:45am Mindful Monday 12:30 – 1:30pm HOPE Series – Anxiety and Panic 3:30pm – 4:30pm Pots Pans &Peer 6:00pm – 7:00pm HOPE Series Letting Go and Moving On	30 1:00-2:15pm: Recovery College: Who Am I? 2:30-4:00pm: Music Group (Drop In)	31 12:30-2:00pm: Skills Practice: Minding Your Emotions 2:00-3:30pm: Craft & Chat (Drop In)		



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suward@lh.ca

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June 2023

Durham Mental Health Services Peer Support Groups

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			1 10:30 – 11:45am: Recovery College – My Story, My Voice 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In)	2 10:00-11:30am Wellness Social Group (Drop In) 10:30-12:00pm WRAP
5 10– 10:45am Mindful Monday 12:30 – 1:30pm HOPE Series – Identifying Unhealthy Relationships 3:30pm – 4:30pm Pots Pans & Peer 6:00pm – 7:00pm HOPE Series Building Better Boundaries	6 1:00-2:15pm: Recovery College: Who Am I? 2:30-4:00pm: Music Group (Drop In)	7 12:30-2:00pm: Skills Practice: Minding Your Emotions 2:00-3:30pm: Craft & Chat (Drop In)	8 10:30 – 11:45am: Recovery College – My Story, My Voice 1:00-2:30:pm Introduction to Mindfulness 6:00 – 7:30pm VASE Speaker Series (Drop In) 7-9pm Suicide Survivor (Drop In)	9 10:00-11:30am Wellness Social Group (Drop In) 10:30-12:00pm WRAP
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<i>Skills Practice Group: Dealing with Distress</i>	Learn and practice a variety skills to deal with distress and tolerate the challenging situations life can throw our way
<i>Skills Practice Group: Interpersonal Interactions</i>	People - fascinating and frustrating! Learning to get along with people is skills that help us to manage our interactions with others and move them from frustrating to fantastic vital life skill. In this group, we have a chance to learn and practice.
<i>Skills Practice Group: Maintaining Momentum</i>	Making progress with your wellness? Want to keep it going and avoid setbacks. This group discusses strategies to maintain gains, minimize obstacles and reduce reversals to achieving our recovery goals.
<i>Skills Practice Group Minding Your Emotions</i>	Learn how to describe and identify emotions and share how best to cope with them using mindfulness and the present moment experience
<i>Skills Practice Group: Overcoming Obstacles</i>	Learn and practice skills to set optimistic, achievable goals and solve the problems that may pop up along the way
<i>Skills Practice Group: Probing Your Principles</i>	Everyone has values and beliefs that direct our lives. Most of the time, we don't pay much attention to them. This group takes the time to explore our individual values, core beliefs and personal principles to check that they are helping us to live healthy, rewarding lives.
<i>Skills Practice Group: Spirals and Ladders</i>	Looking to change an unhelpful behavior? Not sure why things may seem to keep going wrong? This group helps to identify self-defeating patterns and how to change them for better results.
<i>Skills Practice Group: Surfing Strong Emotions</i>	This group focuses on sharing, learning and practicing skills and strategies around managing overwhelming emotions in a friendly, supportive setting.
<i>Skills Practice Group: Untwist Your Thinking</i>	60K = the number of thoughts the average person has in a day. Drop in to this group to learn how thoughts, behaviors and feelings relate to each other and discuss how they affect our lives..
<i>Introduction to Mindfulness Practice</i>	Learn and practice skills aimed at creating balanced For those who experience symptoms of stress, anxiety, depression or intrusive thoughts. Mindfulness assists in cultivating self-awareness and intentional action., realistic thinking
<i>Applying Mindfulness in Everyday Life</i>	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.
<i>H.O.P.E. Series (Hope, Optimism, Pride, Empowerment)</i>	Topics Include; Building Better Boundaries; Identifying Unhealthy Relationships; Building Better Relationship; Conquering Guilt and Shame; Cultivating Hope;., Understanding Fear; Letting Go; Moving Forward with Grief and Loss; Identifying Unhealthy Relationships; Self-Esteem; Understanding Anger; Gratitude, Optimism, Mindset and Worldview; Who am I?, Radical Acceptance, Changing Habits, Communication
<i>WRAP (Wellness Recovery Action Plan)</i>	The Wellness Recovery Action Plan® or 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.
<i>Recovery College</i>	Wellness Programming Partnered with Ontario Shores
<i>Suicide Survivors Closed Group</i>	If you have lost a loved one to suicide, this group is designed to provide support and education and covers specific topics including anger, blame, guilt & regret, relationships & supports
<i>Our Voice Sharing Circle</i>	This group is open to all those who identify as Indigenous. 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.
Drop In:	
<i>Wellness Social Group</i>	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.
<i>Craft and Chat</i>	Participants will have the opportunity socialize and relax while using the varieties of crafts and art that you have available at home
<i>Music Group</i>	For those who have a love of music and enjoy participating in group singing, playing an instrument, or just let the music move you
<i>New Leaf/New Winds Day Program</i>	The day programs at DMHS focus on wellness tools, skill development, building comradery and sense of community. Some programs are being held in person while others continue virtually.
<i>Mindful Mondays</i>	Drop in to awareness with various mindfulness practices
<i>Pots, Pans, and Peers</i>	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 our own kitchen and enjoying the supportive group conversation.
<i>VASE – Voices Against Stigma Everywhere</i>	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 experience, 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.