



Peer Support Groups

January, February, March, 2024

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.

Thursday's 10:00-11:00am (in person and virtual)

Changing Habits

4 weeks, January 11th – February 1st, 2024

Radical Acceptance

6 weeks-February 15th – March 28th, 2024
(Please note there is no group on March 14th)

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

Letting Go and Moving On

4 Weeks January 10th – January 31st, 2024

Who Am I?

5 weeks February 14th – March 20th, 2024
(Please note there is no group on March 13th)

Skills Practice Sessions

In person and virtual

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.

Monday's 10:30am-11:30am -Starting January 8th

Introduction to Skills Practice	Spirals and Ladders
Surfing Strong Emotions	Untwist your Thinking
Dealing with Distress	

Topics and days: see calendar version for schedule

Mindfulness Practice

In person and Virtual

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.

Thursday's 11:30am-12:30pm – Starting January 4th

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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Recovery College

In Partnership with Ontario Shores



(Please note Recovery College groups have limited space available – both of these groups will be provided online and in person)

Building Resiliency and Fostering Hope – 4 weeks

Resiliency can help us to build the strength we need to get through the hard times and obstacles we may find ourselves facing. Resiliency allows us to maintain our wellness for longer periods of time, take more effective action when our wellness declines and can ensure that when a crisis does happen, it is less intense and more manageable. Resiliency is enhanced by hope; hope that things can be better than they were before, that we can continue to change and grow as we manage the life's challenges.

Tuesday's 1:00-2:15pm, January 9th – January 30th

Boundaries – 6 weeks (checking with Keith)

Discover what a boundary is and how you can establish ones that work for you. Learn how your boundaries can both protect and promote yourself. Understand how to use boundaries to help you achieve your goals and dreams. Recognize how respectful boundaries can bring value to your mental, emotional and physical health.

Tuesday's 1:00-2:15pm, February 13th – March 19th

Port Perry Growing Together

Available in person (Port Perry) and virtual

Participants will have the opportunity to explore diverse topics and recovery tools that encourage the development coping strategies through the use of information sharing and group discussion

Tuesday's 10:30-11:30am (starting January 9th)

Escaping Vices – (3 weeks)	Building Better Boundaries (3 weeks)
Understanding Anger – (3 weeks)	Building Better Communication (3 weeks)

Topics and days: see calendar version for schedule

Wellness Recovery Action Plan

In person only

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.

Monday's 1:00-2:30pm

Oshawa - January 8th-March 4th (8 weeks)

Whitby - March 11 – April 29th (7 weeks)

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Drop In Groups

CARE

(community, acceptance, respect, and empathy)

This group is based out of Ajax and will cover a range of wellness topics as well as leisure and recreation groups.

Monday's 2:00-3:30pm and Friday's 1:00-2:30pm

Available in person

Mindful Drop-In

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

Monday's 12:00-1:00pm- available virtually

Wellness Social

Participants will have the opportunity to explore diverse wellness topics 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

Stronger Together

This group is designed for those 50 and older. Participants will have the opportunity to connect with those who may be experiencing similar struggles while exploring a variety of wellness topics.

Wednesday's 3:00-4:00pm - available in person and virtual

Support Squad

This group is designed for those aged 16-25. Participants will have the opportunity to connect with those who may be experiencing similar struggles while exploring a variety of wellness topics

Tuesday's 2:30-3:30pm - available in person and virtual

Drop In Groups

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

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

Pots, Pans and Peers

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

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

Games and Crafts

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

Coffee Social's

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

Whitby: Wednesday's 2:30-3:30pm

Ajax: Friday's 10:30-11:30am

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DMHS Day Programs

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

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

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

Mental Health First Aid

Virtual Certification Courses

1) Standard course (\$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 mrhude@lh.ca for more information.

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