



DMHS-LH Peer Support Groups

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Happy Canada Day!</p> <p>Please note there are no groups on this day.</p>	<p>2</p> <p>10:30-11:30am: Growing Together (V)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>2:30- 4:00pm: Music Group (H)</p>	<p>3</p> <p>10:30-11:30am: Stronger Together (H)</p> <p>12:00-1:00pm Mindfulness Drop-In (V)</p> <p>2:00-3:00pm: Craft and Chat (V)</p> <p>2:30-3:30pm: Whitby Coffee Social (P)</p> <p>6:00-7:30pm: HOPE Series: Gratitude, Optimism, & World View (V)</p>	<p>4</p> <p>10:30-11:30am: HOPE Series: Identifying Unhealthy Relationships (H)</p> <p>12:00-1:00pm: Mindfulness Practice (H)</p> <p>2:30-4:00pm: Games and Crafts (P)</p>	<p>5</p> <p>10:00-11:30am Wellness Social Group (V)</p> <p>10:30-11:30am-Ajax Coffee Social (P)</p>
<p>8</p> <p>10:30-11:30am Skills Practice: Introduction to Skills (H)</p> <p>12:00-1:00pm: Young Adults (H)</p> <p>12:00-1:00pm: Mindfulness Drop in (V)</p> <p>2:00-3:30pm: CARE (P)</p> <p>3:30-4:30pm Pots, Pans, Peers (V)</p>	<p>9</p> <p>10:30-11:30am: Growing Together (V)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>1:00- 2:15pm: Recovery College: Maintaining Momentum</p> <p>2:00-3:00pm: North Durham Peer (P)</p> <p>2:30- 4:00pm: Music Group (H)</p>	<p>10</p> <p>10:30-11:30am: Stronger Together (H)</p> <p>12:00-1:00pm Mindfulness Drop-In (V)</p> <p>2:00-3:00pm: Craft and Chat (V)</p> <p>2:30-3:30pm: Whitby Coffee Social (P)</p> <p>6:00-7:30pm: HOPE Series: Gratitude, Optimism, & World View (V)</p>	<p>11</p> <p>10:30-11:30am: HOPE Series: Identifying Unhealthy Relationships (H)</p> <p>12:00-1:00pm: Mindfulness Practice (H)</p> <p>2:30-4:00pm: Games and Crafts (P)</p>	<p>12</p> <p>10:00-11:30am Wellness Social Group (V)</p> <p>10:30-11:30am-Ajax Coffee Social (P)</p>
<p>15</p> <p>10:30-11:30am Skills Practice: Surfing Strong Emotions I (H)</p> <p>12:00-1:00pm: Mindfulness Drop in (V)</p> <p>12:00-1:00pm: Young Adults (H)</p> <p>2:00-3:30pm: CARE (P)</p> <p>3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>16</p> <p>10:30-11:30am: Growing Together (V)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>1:00- 2:15pm: Recovery College: Maintaining Momentum</p> <p>2:00-3:00pm: North Durham Peer (P)</p> <p>2:30- 4:00pm: Music Group (H)</p>	<p>17</p> <p>10:30-11:30am: Stronger Together (H)</p> <p>12:00-1:00pm: Mindfulness Drop-In (V)</p> <p>2:00-3:00pm: Craft and Chat (V)</p> <p>2:30-3:30pm: Whitby Coffee Social (P)</p> <p>6:00-7:30pm: HOPE Series: Gratitude, Optimism, & World View (V)</p>	<p>18</p> <p>10:30-11:30am: HOPE Series: Identifying Unhealthy Relationships (H)</p> <p>12:00-1:00pm: Mindfulness Practice (H)</p> <p>2:30-4:00pm: Games and Crafts (P)</p>	<p>19</p> <p>10:00-11:30am Wellness Social Group (V)</p> <p>10:30-11:30am-Ajax Coffee Social (P)</p>
<p>22</p> <p>10:30-11:30am: Skills Practice: Surfing Strong Emotions II (H)</p> <p>12:00-1:00pm: Mindfulness Drop in (V)</p> <p>12:00-1:00pm: Young Adults (H)</p> <p>2:00-3:30pm: CARE (P)</p> <p>3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>23</p> <p>10:30-11:30am: Growing Together (V)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>1:00- 2:15pm: Recovery College: Maintaining Momentum</p> <p>2:00-3:00pm: North Durham Peer (P)</p> <p>2:30- 4:00pm: Music Group (H)</p>	<p>24</p> <p>10:30-11:30am: Stronger Together (H)</p> <p>12:00-1:00pm: Mindfulness Drop-In (V)</p> <p>2:00-3:00pm: Craft and Chat (V)</p> <p>2:30-3:30pm: Whitby Coffee Social (P)</p> <p>6:00-7:30pm: HOPE Series: Gratitude, Optimism, & World View (V)</p>	<p>25</p> <p>10:30-11:30am: HOPE Series: Identifying Unhealthy Relationships (H)</p> <p>12:00-1:00pm: Mindfulness Practice (H)</p> <p>2:30-4:00pm: Games and Crafts (P)</p>	<p>26</p> <p>10:00-11:30am Wellness Social Group (V)</p> <p>10:30-11:30am-Ajax Coffee Social (P)</p>
<p>29</p> <p>10:30-11:30 Skills Practice: Dealing with Distress I (H)</p> <p>12:00-1:00pm: Mindfulness Drop in (V)</p> <p>12:00-1:00pm: Young Adults (H)</p> <p>2:00-3:30pm: CARE (P)</p> <p>3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>30</p> <p>10:30-11:30am: Growing Together (V)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>1:00-2:15pm: Recovery College- Maintaining Momentum</p> <p>2:30- 4:00pm: Music Group (H)</p>	<p>31</p> <p>10:30-11:30am: Stronger Together (H)</p> <p>12:00-1:00pm: Oshawa Coffee Social (P)</p> <p>12:00-1:00pm: Mindfulness Drop-in (V)</p> <p>2:00-3:00pm: Craft and Chat (V)</p> <p>2:30-3:30pm: Whitby Coffee Social (P)</p>		


DMHS-LH Peer Support Groups

August 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No Groups	2 No Groups
5 No Groups	6 No Groups	7 No Groups	8 No Groups	9 No Groups
12 10:30-11:30 Skills Practice: Dealing with Distress II (H) 12:00-1:00pm: Mindfulness Drop in (V) 12:00-1:00pm: Young Adults (H) 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)	13 10:30-11:30am: Growing Together (V) 12:00-1:00pm: Oshawa Coffee Social (P) 2:00-3:00pm: North Durham Peer (P) 2:30- 4:00pm: Music Group (H)	14 10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Drop-In (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P)	15 2:30-4:00pm: Games and Crafts (P)	16 10:00-11:30am Wellness Social Group (V) 10:30-11:30am: Ajax Coffee Social (P)
19 10:30-11:30 Skills Practice: Dealing with Distress III (H) 12:00-1:00pm: Mindfulness Drop in (V) 12:00-1:00pm: Young Adults (H) 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)	20 10:30-11:30am: Growing Together (V) 12:00-1:00pm: Oshawa Coffee Social (P) 12:00-1:00pm: Adult ADHD & Me (V) 2:00-3:00pm: North Durham Peer (P) 2:30- 4:00pm: Music Group (H)	21 10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Drop-in (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P) 6:00-7:30pm: HOPE Series: Building Better Boundaries (V)	22 10:30-11:30am: HOPE Series: Building Better Relationships (H) 12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P)	23 10:00-11:30am: Wellness Social Group (V) 10:30-11:30am: Ajax Coffee Social (P)
26 10:30-11:30 Skills Practice: Spirals and Ladders I (H) 12:00-1:00pm: Mindfulness Drop in (V) 12:00-1:00pm: Young Adults (H) 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)	27 10:30-11:30am: Growing Together (V) 12:00-1:00pm: Oshawa Coffee Social (P) 12:00-1:00pm: Adult ADHD & Me (V) 2:30- 4:00pm: Music Group (H)	28 10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Drop-in (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P) 6:00-7:30pm: HOPE Series: Building Better Boundaries (V)	29 10:30-11:30am: HOPE Series: Building Better Relationships (H) 12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P)	30 10:00-11:30am: Wellness Social Group (V) 10:30-11:30am: Ajax Coffee Social (P)

DMHS-LH Peer Support Groups

September 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Holiday – No groups</p>	<p>3</p> <p>10:30–11:30am: Growing Together 12:00–1:00pm: Oshawa Coffee Social 12:00–1:00pm Adult ADHD & Me 1:00– 2:15pm: Recovery College: Maintaining Momentum 2:30- 4:00pm: Music Group</p>	<p>4</p> <p>10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Drop-in (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P) 6:00-7:30pm HOPE Series: Building Better Boundaries (V)</p>	<p>5</p> <p>10:30-11:30am: HOPE Series: Building Better Relationships (H) 12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P) 6:00-7:30pm VASE Speaker Series (V)</p>	<p>6</p> <p>10:00-11:30am: Wellness Social Group (V)</p> <p>10:30-11:30am: Ajax Coffee Social (P)</p>
<p>9</p> <p>10:30-11:30am Skills Practice: Spirals and Ladders II 12:00-1:00pm: Young Adults (H) 12:00-1:00pm: Mindfulness Drop in (V) 1:30-2:30pm: Clear Mind Clear Skies 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>10</p> <p>10:30-11:30am: Growing Together 10:30-12:00pm: WRAP (P) 1:00– 2:15pm: Recovery College: Maintaining Momentum 2:00-3:00pm: North Durham Peer (P) 2:30- 4:00pm: Music Group (H)</p>	<p>11</p> <p>10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Practice (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P) 6:00-7:30pm HOPE Series: Building Better Boundaries (V)</p>	<p>12</p> <p>10:30-11:30am: HOPE Series: Building Better Relationships (H) 12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P) 6:00-7:30pm VASE Speaker Series (V)</p>	<p>13</p> <p>10:00-11:30am: Wellness Social Group (V)</p> <p>10:30-11:30am: Ajax Coffee Social (P)</p>
<p>16</p> <p>10:30-11:30 Skills Practice: Untwist Your Thinking II 12:00-1:00pm: Young Adults (H) 12:00-1:00pm: Mindfulness Drop in (V) 1:30-2:30pm: Clear Mind Clear Skies 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>17</p> <p>10:30-11:30am: Growing Together 10:30-12:00pm: WRAP (P) 1:00– 2:15pm: Recovery College: Maintaining Momentum 2:00-3:00pm: North Durham Peer 2:30- 4:00pm: Music Group (H)</p>	<p>18</p> <p>10:30-11:30am: Stronger Together (H) 12:00-1:00pm: Mindfulness Practice (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30pm: Whitby Coffee Social (P) 6:00-7:30pm HOPE Series: Building Better Boundaries (V)</p>	<p>19</p> <p>10:30-11:30am: HOPE Series: Building Better Relationships (H) 12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P) 6:00-7:30pm VASE Speaker Series (V)</p>	<p>20</p> <p>10:00-11:30am: Wellness Social Group (V)</p> <p>10:30-11:30am: Ajax Coffee Social (P)</p>
<p>23</p> <p>10:30-11:30 Skills Practice: Untwist Your Thinking II 12:00-1:00pm: Young Adults (H) 12:00-1:00pm: Mindfulness Drop in (V) 1:30-2:30pm: Clear Mind Clear Skies 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)</p>	<p>24</p> <p>10:30-11:30am: Growing Together 10:30-12:00pm: WRAP (P) 1:00– 2:15pm: Recovery College: Maintaining Momentum 2:00-3:00pm: North Durham Peer 2:30- 4:00pm:–Music Group (H)</p>	<p>25</p> <p>10:30-11:30am: Stronger Together 12:00-1:00pm: Mindfulness Practice (V) 2:00-3:00pm: Craft and Chat (V) 2:30-3:30: Whitby Coffee Social (P) 6:00-7:30pm HOPE Series: Building Better Boundaries (V)</p>	<p>26</p> <p>12:00-1:00pm: Mindfulness Practice (H) 2:30-4:00pm: Games and Crafts (P) 6:00-7:30pm VASE Speaker Series (V)</p>	<p>27</p> <p>10:00-11:30am: Wellness Social Group (V)</p> <p>10:30-11:30am: Ajax Coffee Social (P)</p>
<p>30</p> <p>12:00-1:00pm: Young Adults (H) 12:00-1:00pm: Mindfulness Drop in (V) 1:30-2:30pm: Clear Mind Clear Skies 2:00-3:30pm: CARE (P) 3:30-4:30pm: Pots, Pans, Peers (V)</p>				

DMHS-LH Peer Support Groups

<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 a vital life skill that helps us to manage our interactions with others and move them from frustrating to fantastic. 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. 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 behaviour? 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, behaviours and feelings relate to each other and discuss how they affect our lives.
<i>Mindfulness Practice</i>	Learn and practice skills aimed at creating balance for those who experience symptoms of stress, anxiety, depression or intrusive thoughts. Mindfulness assists in cultivating self-awareness, intentional action, and realistic thinking
<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.
<i>H.O.P.E. Series (Hope, Optimism, Pride, Empowerment)</i>	Topics Include: Building Better Boundaries; Identifying Unhealthy Relationships; Building Better Relationships; 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?; 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>Growing Together</i>	Participants will have the opportunity to connect through the use of information sharing and group discussion, located in Port Perry
<i>Day Program New Leaf & New Winds</i>	The day programs at DMHS focus on wellness tools, skill development, building comradery and a sense of community. New Winds is available in person. New Leaf is available Virtually.