



Peer Support Groups

January, February, March 2025

H.O.P.E. Series

Hope, Optimism, Pride, Empowerment

Thursday's 10:30-11:30am- In person (Whitby), and virtual

Who am I?

4 weeks: January 9th – January 30th, 2025

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.

Anxiety and Panic

6 weeks: February 13th – March 20th

This is a peer-led course for people living with panic and anxiety who want to share their experiences of what has worked for them, as well as to learn new tools from each other. We will talk about why anxiety and panic happen and how we can help ourselves live with the uncomfortable sensations they produce. We will also talk about building resiliency and lifestyle factors that can help or harm us when living with panic and anxiety

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.

In person (Whitby), and virtually

Monday's 10:30am-11:30am (10 weeks), starting January 6th

Clear Minds, Clear Skies

This group is designed for those who are struggling with mental health and addictions. Participants will have the opportunity to explore different topics and connect through the use of information sharing and group discussion.

Available virtually

Wednesday's 2:30-3:30pm – Starting January 8th for 10 weeks

Mindfulness Practice

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

Available in person (Whitby) and virtually

Thursday's 12:00-1:00pm – Resume January 9th

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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Mindful Drop-In

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

Available Virtually

Monday's 12:00-1:00pm

Wednesday's 12:00-1:00pm

Growing Together

Participants will have the opportunity to connect through the use of information sharing and group discussion. Weekly discussions are determined by group participants.

Tuesday's 10:30-11:30am - Available Virtually

Walking Group

Participants will have the opportunity to connect and build wellness through taking a walk

Tuesday's 11:00-12:00am - available in person (Whitby)
(Will resume in the spring)

CARE

(community, acceptance, respect, and empathy)

This group will cover a range of wellness topics as well as provide leisure and recreation groups.

Monday's 2:00-3:30pm - Available in person (Ajax)

Stronger Together

This group is designed for those 50 and older. Participants will have the opportunity to learn about women's health and wellness. To connect, relate, and discuss like-minded topics.

Wednesday's 10:30-11:30am- in person (Oshawa) and virtually

Men's Group

This group is designed for those 50 and older. Participants will have the opportunity to learn about men's health and wellness. To connect, relate, and discuss like-minded topics.

Thursday's 1:30-2:30pm virtually and in person (Whitby)

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

North Durham Peer

Participants will have the opportunity to explore diverse wellness topics and participate in group discussion

Available in person

Uxbridge – Monday's 1:00-2:30pm
Cannington – Tuesday's 2:00-3:00pm
Beaverton - TBD

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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 3:00-4:00pm – 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 (Whitby) and 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 1:00-2:00pm – available virtually

Games Group

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 (Whitby)

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

DMHS Day Programs

Social Recreation Programs that provides various Psychoeducational, and social groups

New Leaf - Virtual

Tuesday: Various Group Topics

Wednesday: Various Group Topics

Thursday: Music

10:00am-11:30am

New Winds – In Person (Whitby)

Monday 10:00am – 1:00pm

Tuesday, Wednesday and Thursday

10:00am – 1:00pm and 1:00-2:00pm

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

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Recovery College

In Partnership with Ontario Shores



(Please note Recovery College groups have limited space available – This group will be provided virtual only)

Adult ADHD and Me

Whether you are diagnosed with or suspect you may be living with ADHD, we will be exploring what it is, what impacts it has on our relationships and what strategies we can learn to manage it.

Tuesday's 1:00-2:30pm
8 weeks from January 7th till February 25th

Mental Health First Aid

Virtual or In Person Certification Courses

Standard course

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

Module 2- 3 -4 hour facilitated course

Module 3- 3 -4 hour facilitated 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 and costs

Wellness Recovery Action Plan

Available In person

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 10:30-12:00pm
8 weeks from January 7th – Feb 25th (Whitby)

Wednesday's 1:00-2:30pm
8 weeks from Feb 5th – March 26th (Oshawa)

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