



WINTER GUIDE

2020/2021



Canadian Mental
Health Association
Elgin - Middlesex
Mental health for all

Association canadienne
pour la santé mentale
Elgin - Middlesex
La santé mentale pour tous

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CMHA Elgin-Middlesex acknowledges the ancestral and traditional territories of the Anishinaabek (*ani-shin-a-beck*), Haundenosaunee (*How-den-o-saw-knee*), Huron-Wendat (*Huron Wan-dad*), Attawandaron (*ed-a-wan-dren*), and the Lenni-Lenape (*Len-ee Len-uh-pee*) who are the original owners and custodians of the land on which we stand. We seek a new relationship with the Original Peoples of this land, one based in honour and deep respect.

COVID-19 Group/Workshop Update:

Due to the ongoing pandemic and to adhere to all public health and safety guidelines, we have had to adjust how we provide community wellness and group programming at CMHA Elgin-Middlesex.

Many of our upcoming winter groups and workshops will be provided virtually; with a few of our groups being run outdoors and in-person. However, in-person groups will have a limited spots available to ensure everyone's safety.

If you have questions or require more information on a group listed in our program guide, please do not hesitate to reach out to the facilitator.

Alternatively, you may reach out to our community wellness programs by emailing education@cmhamiddlesex.ca.

If you need immediate mental health and/or addictions support, call or text Reach Out 24/7 at 519-433-2023 or connect through webchat at www.reachout247.ca

Where to Find Us

Strathroy (serving West Middlesex County)

21 Richmond Street, Strathroy, ON
519-245-0120

Exeter

149B Thames Road West, Exeter, ON
519-235-0335

London – Queens Avenue Site

534 Queens Avenue, London, ON
519-668-0624

London – Huron Street Site (also the location of 24/7 Crisis Centre)

648 Huron Street, London ON
519-434-9191
After hours: 519-433-2023

My Sisters' Place

566 Dundas Street, London, ON
519-679-9570

London Coffee House

**Services currently being provided at My Sisters' Place*
371 Hamilton Road, London, ON
519-204-4719

St. Thomas (serving Elgin County)

110 Centre Street, St. Thomas, ON
519-633-1781

Visit us online at www.cmhamiddlesex.ca or www.cmhaelgin.ca for updates related to services and programming.



Canadian Mental Health Association, Middlesex

HOW TO CONNECT WITH MENTAL HEALTH AND/OR ADDICTIONS SUPPORT.
Any person 16+ requiring mental health and/or addictions support

INFORMATION & REFERRALS

- Need help with connecting to services, supports or other community agencies?
- Need help with referrals?
- Need information on mental health and addictions?



Connect with the **Information & Brief Support Team**.

- **Monday - Friday, 8:30AM - 7:30PM. After hours call REACH OUT**
- 519-434-9191 x2223
- iabs.intake@cmhamiddlesex.ca
- Fill out the Welcome Form on www.cmhamiddlesex.ca/intake-form/

SUPPORTIVE LISTENING

- Are you feeling sad, lonely, stressed or anxious?
- Do you just need someone to talk to?
- Do you need general information on mental health or addictions?



Call the **Supportive Listening Line**. Available 24 hours a day, seven days a week and our friendly volunteers will be able to support you.

519-601-8055
Toll-free 1-844-601-8055

24/7 MENTAL HEALTH & ADDICTIONS SUPPORT

- Are you experiencing a mental health or addiction concern?
- Are you having thoughts of suicide or harming yourself or others?
- Do you need access to services or information?



Call or text **REACH OUT** or visit the **CRISIS CENTRE**.

Call or Text **519-433-2023**

Call TF: **1-866-933-2023**

Wechat at [teachout247.ca](https://www.cmhamiddlesex.ca/teachout247.ca)

Walk-in service: 648 Huron St.

London, ON



A community mental health organization that can support you on your mental health journey. We are here for YOU!

Winter Programming

Anxiety Management Group

A 6-week psychoeducational series for people living with anxiety that runs for 90 minutes, once a week. The group defines “anxiety” and provides strategies, resources and information to help individuals cope with, and overcome anxiety symptoms.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	2:00pm	Wednesdays	Jan 27	March 3	Yes

Registration/Information: To register for our upcoming group, receive information or to ask questions, please email us at anxiety.management@cmhamiddlesex.ca.

Please Note: This group will request you think about and face current anxious thoughts and feelings you have been experiencing. This can cause an increased awareness in your anxiety, so it is important you attend this group during a time of stability to try these techniques to begin addressing your anxiety.

The Art Outside

This group will be a fun, interactive group in which we apply aspects from nature, art engagement, and active exercise. The group will run in two parts. Part one: we will learn how art can help with our mental health as well as sketching techniques. Part two: we will meet at an outdoor location and take part in being active outside while putting our skills to the test.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE & IN-PERSON	1-2pm 11am-12pm	Tues. & Thurs.	Jan. 19 Jan. 21	Feb. 23 Feb. 25	Yes

Registration/Information: Registration can be accessed through our [website: www.cmhamiddlesex.ca/learn](http://www.cmhamiddlesex.ca/learn) or this [online link: https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312](https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312)

Please Note: Two sessions per week with a maximum of 10 participants per session. Sketching supplies will be provided.

Assert Yourself

Develop assertiveness skills as you learn to improve your communication and interpersonal relationships in a safe environment. We will engage in group discussions, interactive activities and role-playing.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1pm-3pm	Wednesdays	Jan. 27	March 3	Yes
<p>Registration/Information: Registration can be accessed through our website or this online link: https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312. For information, contact Carolyn at 519-432-1607 ext. 6421 or c.petley@cmhamiddlesex.ca.</p> <p><i>Please note: A reliable internet connection with a camera and microphone access is necessary.</i></p>					

A New Reality: Exploring How Our Everyday Lives Have Changed

There is no doubt that our lives have changed significantly as a result of COVID-19. This 4-week program will explore our new (and ever-changing) reality and how we can build and strengthen our ability to respond to these losses. *Topics will include:* understanding the impact of COVID-19 on our sense of loss, strengthening our social bonds, building and strengthening our daily routines, and finding hope and peace in the present moment.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	3:30pm–5:00pm	Mondays	Dec. 7	Dec. 28	Yes
<p>Registration/Information: To register for our upcoming group or to ask questions, please call or email Afsaneh at 519-432-1607 ext. 6416 or a.azari@cmhamiddlesex.ca.</p>					

Clearing the Clutter Support Group

This 8-week, virtual group, is for those with chronic disorganization and/or those with just too much stuff.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10am–12pm	Wednesdays	Jan. 13	March 3	Yes
<p>Registration/Information: Call Kara at 519-668-0624 ext. 350.</p>					

Coffee Social

The winter months can be a challenging time – especially during a worldwide pandemic. Come warm-up by enjoying a cup of coffee or tea with others. This is a great opportunity for casual conversation and resource sharing with mutual peer support.

Location	Time	Day	Begins	Ends	Registration Req.
580 Clarence St. – Victoria Park Bandshell	10:30am- 11:30am	Fridays	Dec.4	Feb. 19	Yes

Registration/Information: To register for Coffee Social or to ask questions, please call Michelle at 519-432-1607 ext. 6418 or email m.phillips@cmhamiddlesex.ca.

Please note: **There will be no groups on December 25th and January 1st Due to COVID a maximum of 10 participants only.**

Community Wellness: Holiday Social

Join the Community Wellness programs staff as we find a new way to celebrate the holidays this year! We will come together (virtually) and share in social conversation and holiday related activities; like trivia and caroling. Registration is required; however, this is a “drop-in” event, so feel free to come when you can and stay for as long as you want. Dressing up is encouraged, so grab those reindeer antlers or a Santa hat and we will see you there!

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	2pm- 4pm	Tuesday, December 22	N/A	N/A	Yes

Registration/Information: To register for the virtual holiday social or to ask questions, please call or email Crystal at 519-432-1607 ext. 6419 or c.mckellar@cmhamiddlesex.ca.

Concurrent Disorders

This ongoing, informal, drop-in *peer supported group* uses the harm reduction model to talk about addictions and mental illness. Facilitator's include relevant educational information. Members are encouraged to participate during the group with voluntary check-ins. (*Continue to next page*)

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	11am– 1pm	Wednesdays	N/A	N/A	Yes

Registration/Information: This group runs every Wednesday from 11:00 a.m. to 1:00 p.m. and is offered virtually for the winter session. Participants must have access to a computer with camera access, microphone and WIFI.

To find out more and receive the online link, please contact Mark by email at m.thibodeau@cmhamiddlesex.ca.

Please note: This is an ongoing, peer-supported group.

Coping Tools 101

This workshop provides an overview of wellness strategies that exercises the mind, body, and spirit. We look at examples from 3000 years ago to modern times, the focus is to expose our participants to as many multiple coping strategies as possible, as we know each individual is unique and therefore their coping strategies will also be unique.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1pm-2pm	Wednesdays	Jan. 6	Feb. 17	Yes
Registration/Information Register by contacting Ulises at u.gonzalez@cmhamiddlesex.ca .					

Coping with the Holidays

The pressures of the holiday season can seem overwhelming at times, and this year may be even more difficult. Please join us for tips that can lighten the load during this busy season, and to learn self-care strategies to help you enjoy the spirit of the holidays.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1pm-3pm	Thursday, December 17	N/A	N/A	Yes
Registration/Information Register by contacting Crystal at c.mckellar@cmhamiddlesex.ca or Ulises at u.gonzalez@cmhamiddlesex.ca .					

Cultivating Resiliency

Together in this 4 week workshop, we will explore what resiliency means and how you can nurture your own sense of wellbeing. We will discuss what factors contribute to our ability to “bounce back” from life’s challenges, identify our own personal strengths, and what steps can be taken to cultivate resilience in our life. The group will consist of a variety of interactive activities, group discussion, and “take home” resources that will support you on your journey to strengthening your resiliency skills

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	6pm-7:30pm	Thursdays	Jan. 14	Feb. 4	Yes
Registration/Information: To register for our upcoming group or to ask questions, please call or email Afsaneh at 519-432-1607 ext. 6416 or a.azari@cmhamiddlesex.ca .					

Embracing Our Humanness

This 4-week workshop will explore what it means to honor and accept our humanness and imperfections. Over the course of this group, we will cover topics related to understanding self-compassion and learn ways to create a gentler and less judgmental sense of self. We will review a number of different strategies and exercises that will encourage more kindness and compassion for ourselves.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	2 pm – 3:30pm	Mondays	Jan. 25	Feb. 15	Yes
Registration/Information: To register for our upcoming group or to ask questions, please call or email Afsaneh at 519-432-1607 ext. 6416 or a.azari@cmhamiddlesex.ca .					

Emotional Wellness

This group is intended to help individuals to identify and manage their emotions, using emotional intelligence and bodily awareness. The group will include engaging in discussions and activities to inspire self-awareness, develop healthy coping skills, and rediscover purpose and passion.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE OR BY PHONE	12:30pm-2pm	Thursdays	Feb. 18	March 11	Yes
Registration/Information: To register for our upcoming group or to ask questions, please call Ange at 519-245-0120 ext. 3241.					

Family Support Program

A skills-based family education program which will help family caregivers understand mental illness, learn how to diffuse a crisis, build and maintain healthy boundaries and manage their own self-care. **All sessions are currently delivered virtually.*

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	Varies	Varies	On-going	On-going	Yes
Registration/Information: To become involved, email the program at: familysupport.info@cmhamiddlesex.ca .					
Please note: Participants of this program must be supporting someone over the age of 16 years who is struggling with mental illness or unstable emotions.					

CANCELLED: Feel the Beat: Finding Connection through Music

This group has been cancelled and we apologize for any inconvenience.

Join us in this 7-week group as we explore together the impact of music on our wellbeing and sense of togetherness, and find ways to increase the presence of music in our daily lives. We will have fun and interesting group discussion, interactive activities, and even host a (virtual) coffee house each week in case you want to perform!

Food and Mood: Nutrition

In these 60 minute educational seminars, we will look at how food can influence our mood. Various topics will be examined to bring more awareness surrounding the physiological, behavioural and psychological impact that nutrition has on us. *Topics that will be explored:* Gut Health (January 11th), Adherence (January 18th), Urges and Impulses (January 25th), Intuitive Eating “non-diet” nutrition (February 1st), Supplementation (February 8th) and Macro and Micronutrients (February 22nd).

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10:30am-11:30am	Mondays	Jan. 11	Feb. 22	Yes
Registration/Information: Register online through Active or contact Michelle at m.phillips@cmhamiddlesex.ca .					

Foster Harmony – Create Balance

Join us as we learn what chaos is. We examine why it happens; can it be avoided, accepted, or controlled. We will take a look at any patterns that exist in the chaos of our lives today and learn new skills and strategies to find harmony and create balance in our lives.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	5pm – 7pm	Wednesdays	Jan. 6	Jan. 27	Yes
Registration/Information: To register, please visit our website: <u>www.cmhamiddlesex.ca/learn</u> . If you have questions, contact Carolyn at 519-432-1607 ext. 6421 or c.petlev@cmhamiddlesex.ca OR Afsani at 519-432-1607 ext. 6416 or a.azari@cmhamiddlesex.ca .					
<p>Please note: A reliable internet connection with camera and microphone access is necessary.</p>					

Gingerbread Club

This group will be a fun, interactive group which will virtually decorate gingerbread men/houses. Although it is virtual, we will still be together to share the holiday spirit! Join us as we listen to holiday music, socialize and enjoy some holiday treats together.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1pm-2:30pm	Tuesday Wednesday	Dec. 15 Dec. 23	Dec. 15 Dec. 23	Yes

Registration/Information: Registration can be accessed through our website:

www.cmhamiddlesex.ca/learn or this link:

<https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312>

Please note: This group is offered twice with a maximum of 10 participants per session. Gingerbread kits will be provided and will need to be picked up.

Holiday Photoshoot

Come join us outside as we create images of the holiday season in London, ON. We will be using our smart phones to capture beautiful holiday photo's, which will then be used to create a holiday collage. **A maximum of 10 participants.**

Location	Time	Day	Begins	Ends	Registration Req.
Victoria Park Bandshell	11:00am-12:00pm	Wednesday Thursday	Dec. 9 Dec. 10	Dec. 9 Dec. 10	Yes

Registration/Information: To register or to ask questions, please call Crystal at 519-432-1607 ext. 6419 or Carolyn at 519-432-1607 ext. 6421.

Hygge – The art of creating hominess

You know Hygge when you feel it. *“Hygge has been translated as everything from that art of relating intimacy to the cosiness of the soul to taking presence of soothing things.”*

The pandemic has heightened the importance of “Hygge” moments. Join us for this 6-week program to learn more about how to cultivate cosiness and contentment in your own space.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	6:00pm-7:30pm	Wednesdays	Dec. 9	Jan. 13	Yes

Registration/Information: Register online through [Active](https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312):

<https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312> or contact Michelle at m.phillips@cmhamiddlesex.ca.

Introduction to Recovery College – One Session Workshop

Learn about Recovery College, an educational pathway to well-being as CMHA is starting one! Courses are developed and delivered by people with expertise by experience (lived experience) and people with expertise by profession.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10:30am-12pm	Friday	Jan. 8	Jan. 8	Yes
	6-7:30pm	Tuesday	Jan. 12	Jan. 12	Yes
	10:30am-12pm	Friday	Feb. 5	Feb. 5	Yes
	6-7:30pm	Tuesday	Feb. 9	Feb. 9	Yes
Registration/Information: Email Jenna at j.courtemanche@cmhamiddlesex.ca or call/leave a message at 519-432-1607 ext. 6427					

Co-Production for Recovery College – One Session Workshop

Co-Production is a process of collaboration between people with expertise by experience (lived experience) and people with expertise by profession. Recovery College courses are created exclusively using this method. Come find out more.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	6-7:30pm	Tuesday	Jan. 26	Jan. 26	Yes
	1pm-2:30pm	Friday	Jan.29	Jan. 29	Yes
	6-7:30pm	Wednesday	Feb. 24	Feb. 24	Yes
	1pm-2:30pm	Friday	Feb. 26	Feb. 26	Yes
Registration/Information: Email Jenna at j.courtemanche@cmhamiddlesex.ca or call/leave a message at 519-432-1607 ext. 6427					
Please note: <i>Introduction to Recovery College recommended as pre-requisite.</i>					

Introduction to WRAP

WRAP – Wellness Recovery Action Plan is a peer-led, peer-created program. Find out how this program can support your well-being.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	TBA	TBA	January	January	Yes
ONLINE	TBA	TBA	February	February	Yes
Registration/Information: Email Jodi at j.boyd@cmhamiddlesex.ca or call/leave a message at 519-434-9191 ext. 2359					
Please note: <i>This is an educational introductory course for anyone interested in taking a WRAP course.</i>					

Life Longevity in the World's Blue Zones

An exciting study of the world's Blue Zones: the places where life, longevity and happiness levels reign and why! Information, discussion, articles, video and activities will comprise this group.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10am–11am	Wednesdays	Jan. 6	Feb. 17	Yes
Registration/Information: Registration can be accessed through our website: www.cmhamiddlesex.ca/learn or this link: https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312					

Living Life to the Full

The Living Life to the Full program uses a Cognitive Behavioural Therapy (CBT) approach to build skills and resiliency. It is a wellness promotion group.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10:00am–11:30am	Thursdays	Jan. 21	March 11	Yes
Registration/Information: Please email s.kruk@cmhamiddlesex.ca to register or find out more information.					
<i>Please note: The courses will be geared toward older adults, seniors, caregivers and people experiencing mental health impact as a result of the COVID-19 pandemic. 55+.</i>					

Living Life to the Full 55+

The Living Life to the Full program uses a cognitive-behavioural therapy (CBT) approach to build skills and resiliency. The courses will be geared toward older adults, seniors, caregivers and people experiencing mental health impact as a result of the COVID-19 pandemic.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1:00pm–2:30pm	Wednesdays	Feb. 17	April 7	Yes
Registration/Information: Please email loke@cmhamiddlesex.ca to register or find out more information.					

Living Life to the Full – Caregivers of folks on the Autism Spectrum

Join us for 8-weeks as we learn new skills and strategies to deal with stress , worry, low mood or just needing help dealing with life’s challenges. This program teaches practical self-management skills using cognitive-behavioural therapy (CBT) principles.

Participants will cover topics such as self-confidence, problem-solving, motivation, dealing with unhelpful thoughts and managing anger.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	6:00pm– 7:30pm	Mondays	Jan. 18	March 8	Yes

Registration/Information: To register, please visit our [website: www.cmhamiddlesex.ca/learn](http://www.cmhamiddlesex.ca/learn). If you have questions, contact Carolyn at 519-432-1607 ext. 6421 or c.petley@cmhamiddlesex.ca.

Please note: A reliable internet connection with camera and microphone access is necessary.

Mind Over Mood

This group uses a Cognitive Behavioral Therapy (CBT) approach to treat anxiety, depression, and low self-esteem or to cope better with stress. It is based on the Mind over Mood work by Dennis Greenberger, PhD. and Christine Padesky, PhD. Each participant receives a free copy of the workbook.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	9am – 11am or 1:30pm – 3:30pm	Wednesdays	Jan. 20	March 10	Yes

Registration/Information: For the morning group, contact Marta at 226-376-2350 or email m.michalik@cmhamiddlesex.ca.

For the afternoon group. Contact Afsaneh at 519-432-1607 ext. 6416 or email a.azari@cmhamiddlesex.ca.

Please note: This is a virtual group. Individuals must have access to internet, audio and visual components.

Mind Over Mood – Strathroy

This group uses a Cognitive Behavioral Therapy (CBT) approach to treat anxiety, depression, and low self-esteem or to cope better with stress. It is based on the Mind over Mood work by Dennis Greenberger, PhD. and Christine Padesky, PhD. Each participant receives a free copy of the workbook. *(Continue to next page).*

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1:30pm– 3:30pm	Tuesdays	Jan. 19	March 9	Yes
Registration/Information: Contact Katie at k.simmons@cmhamiddlesex.ca or 519-434-9191 x2229 <i>Please note: This is a virtual group. Individuals must have access to internet, audio and visual components.</i>					

Mind Over Mood for Post-Secondary Students

This group uses a Cognitive Behavioral Therapy (CBT) approach to treat anxiety, depression, and low self-esteem or to cope better with stress. It is based on the Mind over Mood work by Dennis Greenberger, PhD. and Christine Padesky, PhD. Each participant receives a free copy of the workbook.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	9:30am– 11:30am	Tuesdays	Jan. 19	March 9	Yes
Registration/Information: Contact Veronica at v.ciszewska@cmhamiddlesex.ca <i>Please note: This is a virtual group. Individuals must have access to internet, audio and visual components. Open to all Western (Brescia, Kings, Huron) and Fanshawe students.</i>					

Mood Walks

Join us for some interactive, social nature walks, around London parks, paths and trails. We will meet for six weeks to explore various locations. This will also increase our social network, aid in some physical activity and help foster good mental health in nature.

Location	Time	Day	Begins	Ends	Registration Req.
IN-PERSON	1:30pm– 2:30pm	Mondays & Fridays	Jan. 4 Jan. 8	Feb. 8 Feb. 12	Yes
Registration/Information: Registration can be accessed through our website: www.cmhamiddlesex.ca/learn or this link: https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312 . <i>Please note: Two sessions per week. You may only sign up for one. Due to the ongoing pandemic, we may only register the first 10 participants. Sign up today!</i> <i>Mask will be required. We will provide masks and hand sanitizer. Please bring your own water bottle.</i>					

P.A.I.R.

This workshop 6-week workshop is intended for adults who identify as experiencing mental health issues and who are seeking an education-based, self-help/peer-support opportunity to enhance their understanding of and develop skills related to, and acquiring intimate relationships.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1:00pm - 2:30pm	Thursdays	Jan. 21	Feb.25	Yes
Registration/Information: Register by contacting Ulises at u.gonzalez@cmhamiddlesex.ca .					

Purpose: Identifying Your Strengths and Mastering the Skill of Presence

As humans we have a need to feel connection and a sense of purpose. Life challenges may have us feeling lost and disconnected to the things that make us feel happy. This workshop will help you develop self-awareness and create presence by identifying your greatest qualities and help you understand how to create your behavior to match your core values/beliefs.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	10:00am- 11:00am	Thursdays	Jan. 7	Feb.18	Yes
Registration/Information: Register online through Active: https://campscui.active.com/orgs/CanadianMentalHealthAssociationMiddlesex#/selectSessions/2874312 or contact Michelle at m.phillips@cmhamiddlesex.ca .					

Smoking Cessation –STOP program/CAMH

Due to COVID-19 our usual group setting is unavailable in-person, and thus we are supporting participants who wish to decrease or quit smoking, individually; online or by telephone. Nicotine replacement therapy products provided for up to 26 weeks of the year. When the program is at capacity a waitlist will begin.

Location	Time	Day	Begins	Ends	Registration Req.
Pick up of NRT products – 534 Queens Ave.	Varies	Mondays or Wednesdays	Following registration	One year after registration	Yes
Registration/Information: Please contact Tracy at 519-668-0624 x 245 or Melanie at 519-668-0624 x 372 for further details and registration.					
<i>Please note: When program is at capacity; participants will be placed on a waitlist.</i>					

Spanish-speaking Parents' Support Group – MAPP – Merrymount/CMHA - MSP

This program is designed to promote wellness through sensitive educational and informative sessions within a cultural context, to facilitate social support and promote recovery with multicultural groups in the community. **This group is intended for Spanish-speaking parents.**

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	5:00pm–7:00pm	3 rd Thurs. of the month	Nov. 19	May 20, 2021	Yes
Registration/Information: Call Yasika at 519-434-6848 ext. 282 <i>Please note: Zoom link will be provided after registration.</i>					

The Pep Talk!

This program uses different theories to gain a positive perspective in our daily lives by discussions, activities, and presentations; the group will foster an environment in which we will focus on positives in life and learn how to handle the emotions, and situations that arise. An optimistic view of the world outside!

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	11:00am - 12:00pm	Mondays	Jan. 4	Jan.25	Yes
Registration/Information: Register by contacting Ulises at u.gonzalez@cmhamiddlesex.ca .					

The Mindful Hour

The purpose of this group is to take time out our busy lives and to learn and practice being mindful. Mindfulness is the psychological process of purposely bringing one's attention to experiences occurring in the present moment without judgment, which one develops through the practice of meditation and exercising mental wellness achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique. We will practice by conducting 2-3 exercises each session.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	11:00am - 12:00pm	Fridays	Ongoing	Ongoing	Yes
Registration/Information: Register by contacting Ulises at u.gonzalez@cmhamiddlesex.ca .					

You Got This!//Fonce!

As a group, we will discuss how recent changes and past experiences can have an impact on our lives. For example, COVID-19 has been the major source of indefinite change at a global level, and it could help young people to be able to gain the skills they need to be resilient in the face of such major challenges. In order to build resilience and increase self-determination, the group will dive into how our own strengths can serve as tools to make ourselves healthier and happier. **This program is offered in English and in French. Open to youth age 16-24.**

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	1:30pm – 2:30pm; 3pm-4pm	Thursdays	Dec. 3	Dec. 17	Yes
Registration/Information: Connect with Nelly at n.boukoua-lorsold@cmhamiddlesex.ca .					

Wellness Series

Everyone is different, and that means that each person will have needs to maintain wellness that are unique to their particular lifestyle. It can sometimes be a challenge to find the right fit for you when it comes to maintaining your mental health, but don't worry. If you are struggling with finding the right step toward improving your mental health wellness, consider trying out our group! It consists of four sessions, once a week, in which we will go over various wellness strategies through discussion, activities, and presentations.

Location	Time	Day	Begins	Ends	Registration Req.
ONLINE	11:00am - 12:00pm	Tuesdays	Jan. 5	Jan.26	Yes
Registration/Information: Register by contacting Ulises at u.gonzalez@cmhamiddlesex.ca .					

Exeter Site – Programs

Are you interested in the community wellness programs held by our Exeter Site? Connect with **Angela at 519-235-0335** to learn about the programs happening in Exeter.

Strathroy Site – Programs

If you have questions about community wellness programs in Strathroy. Please call **519-245-0120**.

My Sisters’ Place – Groups

My Sisters’ Place is providing a takeaway lunch, harm reduction supplies and basic needs items. MSP will continue to operate as Outreach Services – meaning the London Coffee House family and My Sisters’ Place are still working together out of 566 Dundas Street to provide support in the safest way possible.

Groups at My Sisters’ Place are currently on hold; however, a small number of participants with *scheduled appointments* will be welcomed into the building.

Takeout Window Hours: Monday – Friday, 11am-1pm & 4pm-5pm; Weekends and Holidays, 11am-1pm only.

If you have questions about groups at My Sisters’ Place, please call **519-679-9570**.

Elgin Site – Programs

If you have questions about social recreation programs in Elgin County. Please call **519-663-1781** or email: info@cmhaelgin.ca.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY


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