

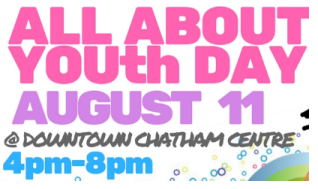



# August 2017

## Canadian Mental Health Association Lambton Kent Groups & Programs

Mon	Tue	Wed	Thu	Fri
<p><b>Legend:</b>  <b>CM - CMHA</b>  <b>AOM - ACCESS Open Minds</b>  <b>AS - AIDS Support CK</b>  <b>MH - MHAP</b>  <b>GM - GMHOT</b></p>	<p><b>1</b>  <b>Peer Support (GMHOT) 10:30-12pm -GM</b>   <b>Concurrent Disorders Men's Group 2:30-4pm - CM</b>   <b>AOM Fun Night 6-7:30pm</b></p>	<p><b>2</b> </p>	<p><b>3</b>  <b>Father's in Recovery 1:30-3:30pm - CM</b>   <b>DBT 1:15-3:45pm - MH</b>   <b>Young &amp; Proud 6:00-8:00pm -AS</b></p>	<p><b>4</b></p>
<p><b>7 Civic Holiday</b>  </p>	<p><b>8</b>  <b>Concurrent Disorders Men's Group 2:30-4pm - CM</b></p>	<p><b>9</b></p>	<p><b>10</b>  <b>Father's in Recovery 1:30-3:30pm - CM</b>   <b>DBT 1:15-3:45pm - MH</b>   <b>AOM Fun Night 6-7:30pm</b></p>	<p><b>11</b>  </p>
<p><b>14</b>  <b>Grief Group (GMHOT) 10:30-12pm - CM</b></p>	<p><b>15</b>  <b>Peer Support (GMHOT) 10:30-12pm -GM</b>   <b>Concurrent Disorders Men's Group 2:30-4pm - CM</b>   <b>AOM Fun Night 6-7:30pm</b></p>	<p><b>16</b></p>	<p><b>17</b>  <b>Father's in Recovery 1:30-3:30pm - CM</b>   <b>Young &amp; Proud 6:00-8:00pm -AS</b>   <b>DBT 1:15-3:45pm - MH</b></p>	<p><b>18</b></p>
<p><b>21</b>  <b>Grief Group (GMHOT) 10:30-12pm - CM</b></p>	<p><b>22</b>  <b>Concurrent Disorders Men's Group 2:30-4pm - CM</b></p>	<p><b>23</b>  </p>	<p><b>24</b>  <b>Father's in Recovery 1:30-3:30pm - CM</b>   <b>DBT 1:15-3:45pm - MH</b>   <b>AOM Fun Night 6-7:30pm</b></p>	<p><b>25</b></p>
<p><b>28</b>  <b>Grief Group (GMHOT) 10:30-12pm - CM</b></p>	<p><b>29</b>  <b>Peer Support (GMHOT) 10:30-12pm -GM</b>  <b>Concurrent Disorders Men's Group 2:30-4pm - CM</b>   <b>AOM Fun Night 6-7:30pm</b></p>	<p><b>30</b></p>	<p><b>31</b>  <b>Father's in Recovery 1:30-3:30pm - CM</b>   <b>DBT 1:15-3:45pm - MH</b></p>	

# CMHA LK Groups & Programs

## Father's in Recovery

A FREE 12 week program offered to men 16+ who have substance misuse issues who are parenting a child 0-6 years of age. Registration required prior to group start dates. For more information please contact CMHA at 519-436-6100 or Jacquie at 226-627-0621 [jacquies@sophrosyne.ca](mailto:jacquies@sophrosyne.ca)  
Location: CMHA Auditorium 240 Grand Ave West

## Concurrent Disorders Men's Group

This ongoing support group will enhance your knowledge and supports in your recovery with substance misuse and mental wellness. This is an open group for those at any stage of recovery. Contact Amy Sansom at 519-436-6100.  
Location: CMHA Auditorium 240 Grand Ave West

## Young & Proud

Young & Proud is a group for gay, lesbian, bisexual, asexual, trans\*, two-spirit, queer, questioning, intersex, pansexual and ally youth ages 11-25. Each week is filled with different activities – all are welcome!  
Drop in to one of our next sessions.  
Location: AIDS Support CK 67 Adelaide St. South

## ACCESS Open Minds Fun Night

Come hang out with us on our fun night! 11-15 years old? Join us **every other Tuesday**. 16-25 years old? Join us **every other Thursday**. For more information contact Rebecca Prince at (519) 437-6329.  
Location: ACCESS Open Minds 335 King St. West

## Dialectical Behaviour Therapy

A 20 week dialectical behaviour therapy skills training group for those aged 21+. Registration is required to determine appropriateness for group. Waitlists may apply.  
*Only for MHAP clients.*

## Peer Support (GMHOT)

A peer support group for clients who are registered with the Geriatric Mental Health Outreach Team program.  
Location: GMHOT Boardroom 240 Grand Ave West

## Grief Group

A grief support group for those aged 65+.  
Registration required. For more information contact 519-351-6144 ext. 5051.  
Location: CMHA Boardroom 240 Grand Ave West

