



# November 2017

## Canadian Mental Health Association Groups & Programs (Chatham Site)

Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> <b>Women's Concurrent Disorders Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - WI	<b>2</b> <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>DBT</b> 1:15-3:45pm - MH <b>Young &amp; Proud</b> 6:00-8:00pm - AS	<b>3</b>	<b>4</b>
<b>6</b>	<b>7</b> <b>Managing Grief in Dementia</b> 10-12pm - AL <b>Peer Support (GMHOT)</b> 10:30-12pm -GM <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>Mind Your Mood</b> 1-2:30pm & 3:30-5pm - TNT <b>Family Connections</b> 5:30-7:30pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - CM	<b>8</b> <b>Women's Concurrent Disorders Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - WI	<b>9</b> <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>DBT</b> 1:15-3:45pm - MH	<b>10</b>	<b>11</b> <b>Remembrance Day</b> 
<b>13</b>	<b>14</b> <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>Mind Your Mood</b> 1-2:30pm & 3:30-5pm - TNT <b>Family Connections</b> 5:30-7:30pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - CM	<b>15</b> <b>Women's Concurrent Disorders Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - WI	<b>16</b> <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>DBT</b> 1:15-3:45pm - MH <b>Young &amp; Proud</b> 6:00-8:00pm - AS	<b>17</b>	<b>18</b>
<b>20</b>	<b>21</b> <b>Peer Support (GMHOT)</b> 10:30-12pm -GM <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>Mind Your Mood</b> 1-2:30pm & 3:30-5pm - TNT <b>Family Connections</b> 5:30-7:30pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - CM	<b>22</b> <b>Women's Concurrent Disorders Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - WI	<b>23</b> <b>Father's in Recovery</b> 1:30-3:30pm - CM	<b>24</b>	<b>25</b>
<b>27</b>	<b>28</b> <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>Mind Your Mood</b> 1-2:30pm & 3:30-5pm - TNT <b>Family Connections</b> 5:30-7:30pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - CM	<b>29</b> <b>Women's Concurrent Disorders Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6-7:30pm - WI	<b>30</b> <b>Father's in Recovery</b> 1:30-3:30pm - CM	<b>Legend:</b> <b>CM - CMHA</b> <b>AOM - ACCESS Open Minds</b> <b>AS - AIDS Support CK</b> <b>AL - Active Lifestyle Centre</b> <b>MH - MHAP</b> <b>GM - GMHOT</b> <b>TNT - TNT Boardroom</b> <b>WI - Walpole Island CHC</b>	

# CMHA LK Groups & Programs (Chatham Site)

## 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 & Women'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

## One Bridge Two Shores

A support group for family and friends of individuals struggling with mental illness and addiction. To register for the Chatham group, please contact Janice Kirkwood at 519-437-6329 ext. 6011. To register for the group on Walpole Island, please contact Mary Duckworth at 519-397-5455 ext. 316 or Brady Williams at 519-397-5455 ext. 303.  
Location: CMHA 240 Grand Ave West  
CHC Walpole Island, 785 Tecumseh Road Unit #16

## 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  
\*\*On break during temporary relocation\*\*

## Mind Your Mood

A 12 week group focusing on topics of worry, self-esteem, assertiveness, and procrastination. Open to anyone ages 16-25. Ages 16-18 group will start at 3:30-5pm and ages 19-25 will start at 1-2:30pm. Please contact Claudia DeBenedictis-Tortola at 519-436-6100 ext. 6587 for more information.

## 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



# CMHA LK Groups & Programs (Chatham Site)

## **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.*

## **Family Connections**

A free, skills based program, designed specifically for family members and friends. Family Connections teaches people skills to manage our own emotional reactions to situations and our relationships. For more information, contact Laurie Roeszler at

519-437- 6329 extension 6012 or

[lroeszler@cmhalambtonkent.ca](mailto:lroeszler@cmhalambtonkent.ca)

Location: CMHA Auditorium 240 Grand Ave West

## **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

## **Understanding and Managing Grief in Dementia**

A support group designed specifically for grief/mourning related to ambiguous loss in dementia/Alzheimer's disease. We will meet on the first Tuesday of the month at 10:00am— noon at The Active Lifestyle Centre. To register, please call 519-397-3791, then press 1, then ext. 2903.

Location: 20 Merritt Ave, Chatham

