



# January 2018

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

Mon	Tue	Wed	Thu	Fri
<b>1 Closed</b> 	<b>2 Managing Grief in Dementia</b> 10-12pm - AL <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>3 Women's Concurrent Disorders Group</b> 2:30-4pm - CM	<b>4 DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>Young &amp; Proud</b> 6:00-8:00pm - AS	<b>5</b>
<b>8</b>	<b>9 Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>10 Women's Concurrent Disorders Group</b> 2:30-4pm - CM	<b>11 DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM	<b>12</b>
<b>15</b>  DO WHAT YOU CAN, ENJOY WHAT YOU DO, MOVE YOUR MOOD	<b>16 Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>17 Women's Concurrent Disorders Group</b> 2:30-4pm - CM	<b>18 DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>Young &amp; Proud</b> 6:00-8:00pm - AS	<b>19</b>
<b>22</b>	<b>23 Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6:30-8pm BL	<b>24 Women's Concurrent Disorders Group</b> 2:30-4pm - CM	<b>25 DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM	<b>26</b>
<b>29</b>	<b>30 Concurrent Disorders Men's Group</b> 2:30-4pm - CM <b>One Bridge Two Shores</b> 6:30-8pm BL	<b>31 Women's Concurrent Disorders Group</b> 2:30-4pm - CM	<b>Legend:</b> <b>CM - CMHA</b> <b>MH - MHAP</b> <b>AL - Active Lifestyle Centre</b> <b>AS - AIDS Support CK</b> <b>BL - Blenheim Community Funeral Home</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

## 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

## 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.*

## 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\*\***

## 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

## One Bridge Two Shores

Support for family and friends of individuals with mental health and addiction issues. 12 week sessions Jan 23rd – April 17th.

To register, please contact

Janice Kirkwood at 519-437-6329 ext. 2258

Location: 60 Stanley Street, Blenheim



Canadian Mental  
Health Association  
Lambton Kent  
Mental health for all

Association canadienne  
pour la santé mentale  
Filiale de Lambton Kent  
La santé mentale pour tous

