




March 2018

Canadian Mental Health Association Groups & Programs (Chatham Site)

Mon	Tue	Wed	Thu	Fri
Legend: CM - CMHA MH - MHAP AL - Active Lifestyle Centre AS - AIDS Support CK BL - Blenheim Community Funeral Home			1 DBT 1:15-3:45pm - MH Father's in Recovery 1:30-3:30pm - CM Young & Proud 6:00-8:00pm - AS	2
5	6 Managing Grief in Dementia 10-12pm - AL Concurrent Disorders Men's Group 2:30-4pm - CM One Bridge Two Shores 6:30-8pm BL	7 Women's Concurrent Disorders Group 2:30-4pm - CM	8 DBT 1:15-3:45pm - MH Father's in Recovery 1:30-3:30pm - CM	9  REMEMBER THE SIMPLE THINGS THAT GIVE YOU JOY
12	13 Concurrent Disorders Men's Group 2:30-4pm - CM One Bridge Two Shores 6:30-8pm BL	14 RAIT Psychoeducation Group 10:30-12pm - CM Women's Concurrent Disorders Group 2:30-4pm - CM	15 DBT 1:15-3:45pm - MH Father's in Recovery 1:30-3:30pm - CM Young & Proud 6:00-8:00pm - AS	16
19	20 Concurrent Disorders Men's Group 2:30-4pm - CM One Bridge Two Shores 6:30-8pm BL 	21 RAIT Psychoeducation Group 10:30-12pm - CM Women's Concurrent Disorders Group 2:30-4pm - CM Mindfulness Group 3:00-4pm - CM	22 DBT 1:15-3:45pm - MH Father's in Recovery 1:30-3:30pm - CM	23
26	27 Concurrent Disorders Men's Group 2:30-4pm - CM One Bridge Two Shores 6:30-8pm BL	28 RAIT Psychoeducation Group 10:30-12pm - CM Women's Concurrent Disorders Group 2:30-4pm - CM Mindfulness Group 3:00-4pm - CM	29 DBT 1:15-3:45pm - MH Father's in Recovery 1:30-3:30pm - CM	30 Good Friday 

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

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.

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

RAIT Psychoeducation Group

A 7 week psychoeducation group for RAIT clients on anxiety and depression. *RAIT clients only.*

Location: CMHA Auditorium 240 Grand Ave West

Mindfulness Group

A 12 week mindfulness meditation research group for TNT clients. Eligible participants will be between the ages of 16-35 who have been with the TNT program at least 3 months before the start of the group. *TNT clients only.*

Location: CMHA Grand Ave Room 240 Grand Ave West



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

