September 2018

Canadian Mental Health Association Lambton Kent Groups & Programs

Mon	Tue	Wed	Thu	Fri	Sat
3 **Labour Day** **12 Days of Positivity**	**4** **Managing Grief in Dementia** 10-12pm - AL **Concurrent Disorders Men's Group** 2:30-4pm - CM **12 Days of Positivity**	**5** **12 Days of Positivity**	**6** **Father's in Recovery** 1:30-3:30pm - CM **DBT** 1:15-3:45pm - MH **Young & Proud** 6:00-8:00pm -AOM **12 Days of Positivity**	**7** **12 Days of Positivity**	**8** **12 Days of Positivity**
10 **World Suicide Prevention Day** **12 Days of Positivity**	**11** **Concurrent Disorders Men's Group** 2:30-4pm - CM **12 Days of Positivity**	**12** **12 Days of Positivity**	**13** **Father's in Recovery** 1:30-3:30pm - CM **DBT** 1:15-3:45pm - MH **Positivity Day!**	**14**	**15** **Family Connections** 8:30-4pm - Sarnia
17	**18** **Concurrent Disorders Men's Group** 2:30-4pm - CM	**19**	**20** **Father's in Recovery** 1:30-3:30pm - CM **Young & Proud** 6:00-8:00pm -AOM **DBT** 1:15-3:45pm - MH	**21**	**22** **Autumn Begins**
24	**25** **Concurrent Disorders Men's Group** 2:30-4pm - CM	**26** **Seeking Safety** 2:15-4pm MH **Family Connections** 5:30-8pm - CHC-W	**27** **Father's in Recovery** 1:30-3:30pm - CM **DBT** 1:15-3:45pm - MH	**28**	**29**
31				**Legend:** **CM - CMHA** **AOM - ACCESS Open Minds** **MH - MHAP**	**CHC-W - Wallaceburg Community Health Centre** **Sarnia - Lambton Mental Wellness Centre**

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
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

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.

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

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 or lroeszler@cmhalambtonkent.ca

Seeking Safety

Learn how to develop safe coping strategies, establish safety in the present moment, achieve abstinence, and understand connections between trauma and addiction. Contact our intake department for further information.
Phone: 519-351-6144 ext. 5051
Location: MHAP 240 Grand Ave West

ACCESS OPEN MINDS ESPRITS OUVERTS Chatham-Kent, ON

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*

Chatham-Kent Mental Health & Addictions Program
Chatham-Kent Health Alliance