






December 2018

Canadian Mental Health Association Lambton Kent Groups & Programs

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Family Connections 8am-5pm - LM
2 Family Connections 8am-5pm - LM	3 RAIT Psychoeducation Group 10:30-12pm - CM DBT 1:15-3:45pm - CM	4 Managing Grief in Dementia 10-12pm - AL Concurrent Disorders Men's Group 2:30-4pm - CM	5 Seeking Safety 2:15-4pm MH DBT 3-5pm - AOM Family Connections 5:30-8pm - WB One Bridge, Two Shores 6-7:30pm - AOM	6 Father's in Recovery 1:30-3:30pm - CM DBT 1:15-3:45pm - MH Young & Proud 6:00-8:00pm -AOM	7	8
9	10 RAIT Psychoeducation Group 10:30-12pm - CM DBT 1:15-3:45pm - CM	11 Concurrent Disorders Men's Group 2:30-4pm - CM	12 Seeking Safety 2:15-4pm MH DBT 3-5pm - AOM Family Connections 5:30-8pm - WB One Bridge, Two Shores 6-7:30pm - AOM	13 Father's in Recovery 1:30-3:30pm - CM DBT 1:15-3:45pm - MH AOM Fun Night 6-7:30pm - AOM	14	15
16	17 RAIT Psychoeducation Group 10:30-12pm - CM DBT 1:15-3:45pm - CM	18 Concurrent Disorders Men's Group 2:30-4pm - CM	19 Seeking Safety 2:15-4pm MH DBT 3-5pm - AOM Family Connections 5:30-8pm - WB One Bridge, Two Shores 6-7:30pm - AOM	20 Father's in Recovery 1:30-3:30pm - CM DBT 1:15-3:45pm - MH Young & Proud 6:00-8:00pm -AOM	21	22
23	24 RAIT Psychoeducation Group 10:30-12pm - CM DBT 1:15-3:45pm - CM	25 Christmas Day 	26 Boxing Day 	27 Father's in Recovery 1:30-3:30pm - CM DBT 1:15-3:45pm - MH AOM Fun Night 6-7:30pm - AOM	28	29
30	31 RAIT Psychoeducation Group 10:30-12pm - CM DBT 1:15-3:45pm - CM		Legend CM - CMHA AOM - ACCESS Open Minds MH - MHAP AL - Active Lifestyle Centre LM - Lambton Mental Wellness Centre WB - Wallaceburg			

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: ACCESS Open Minds 140 King St. West

RAIT Psychoeducation Group

A psychoeducation group for RAIT clients on anxiety and depression. *Only for RAIT clients.*

Location: CMHA Auditorium 240 Grand Ave West

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 Fun Night

Come hang out with us on our fun night! 11-15 years old? Join us the **4th Thursday of the month**. 16-25 years old? Join us the **2nd Thursday of the month**. For more information contact Alex Luby at (519) 437-6329 ext. 6014.

Location: ACCESS Open Minds 140 King St. West

Dialectical Behaviour Therapy

A dialectical behaviour therapy skills training group. AOM group for ages 16-20, MHAP group for those ages 21-35, RAIT group for ages 36+. Registration is required to determine appropriateness for group.

Waitlists may apply.

Locations: ACCESS Open Minds, CMHA Auditorium, MHAP



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



CMHA LK Groups & Programs

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

One Bridge Two Shores

A 10 week support group for family and friends of those living with mental illness and addiction. To register, please contact Janice Kirkwood at 519-437-6329 ext. 6011

Location: ACCESS Open Minds 140 King St. West

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

Location: Lambton Mental Wellness Centre, Sarnia

