

# March 2019

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

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>4</b> <b>DBT</b> 1:15-3:45pm - CM	<b>5</b> <b>Managing Grief in Dementia</b> 10-12pm - AL <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>6 Seeking Safety (Women's)</b> 9:30-11:30am - MH <b>Psychoeducation Group</b> 10:30-12pm - CM <b>Seeking Safety (Men's)</b> 2:15-4pm MH <b>DBT</b> 3-5pm - AOM <b>One Bridge, Two Shores</b> 6-7:30pm - AOM	<b>7</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 - AOM	<b>8</b>
<b>11</b> <b>DBT</b> 1:15-3:45pm - CM	<b>12</b> <b>Peer Support (GMHOT)</b> 10:30-12pm - GM <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>13 Seeking Safety (Women's)</b> 9:30-11:30am - MH <b>Seeking Safety (Men's)</b> 2:15-4pm MH <b>DBT</b> 3-5pm - AOM <b>One Bridge, Two Shores</b> 6-7:30pm - AOM	<b>14</b> <b>DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>AOM Fun Night</b> 6-7:30pm - AOM	<b>15</b>
<b>18</b> <b>DBT</b> 1:15-3:45pm - CM	<b>19</b> <b>Peer Support (GMHOT)</b> 10:30-12pm - GM <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>20 Seeking Safety (Women's)</b> 9:30-11:30am - MH <b>Seeking Safety (Men's)</b> 2:15-4pm MH <b>DBT</b> 3-5pm - AOM <b>One Bridge, Two Shores</b> 6-7:30pm - AOM	<b>21</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 - AOM	<b>22</b>
<b>25</b> <b>DBT</b> 1:15-3:45pm - CM	<b>26</b> <b>Peer Support (GMHOT)</b> 10:30-12pm - GM <b>Concurrent Disorders Men's Group</b> 2:30-4pm - CM	<b>27 Seeking Safety (Women's)</b> 9:30-11:30am - MH <b>Seeking Safety (Men's)</b> 2:15-4pm MH <b>DBT</b> 3-5pm - AOM <b>One Bridge, Two Shores</b> 6-7:30pm - AOM	<b>28</b> <b>DBT</b> 1:15-3:45pm - MH <b>Father's in Recovery</b> 1:30-3:30pm - CM <b>AOM Fun Night</b> 6-7:30pm - AOM	<b>29</b> <b>Legend</b> <b>CM - CMHA</b> <b>AOM - ACCESS Open Minds</b> <b>MH - MHAP</b> <b>GM - GMHOT</b> <b>AL - Active Lifestyle Centre</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

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

## Seeking Safety (Men's and Women's)

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 **4<sup>th</sup> Thursday of the month**. 16-25 years old? Join us the **2<sup>nd</sup> 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 (Chatham Site)

## **RAIT Psychoeducation Group**

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

Location: CMHA Auditorium 240 Grand Ave West

## **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

Terry Gardiner at 519-437-6329 ext. 2282

Location: ACCESS Open Minds 140 King St. 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

## **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

