

Online Groups



Week of August 4-7, 2020

Monday

August 3

No programming due to Civic Holiday

Tuesday

August 4

Stories of Courage (Karen)

11:00-12:00PM

[Click here to sign up!](#)

Hearing Voices Support Group (James)

12:30-2:00PM

[Click here to sign up!](#)

Tuesday Topics (Cheyanne)

1:00-2:00PM

[Click here to sign up!](#)

Art with Heart @Home (Sharlene)

2:00-4:00PM

[Click here to sign up!](#)

Humble Tiger (Kati/ Nancy)

August 18, 25 and September 1

1:30-3:30PM

Registration closes August 11th

[Click here to sign up!](#)

Wednesday

August 5

Morning Walk (James)

10:00-10:45 AM

[Click here to sign up!](#)

Weekly Wellness (Sharlene)

11:00-12:00PM

[Click here to sign up!](#)

Coping Strategies (Cheyanne)

2:30-3:30PM

[Click here to sign up!](#)

PeerZone (Deborah K)

Understanding our Distress

2:30-4:00

[Click here to sign up!](#)

Support for Depression

7:00-8:15PM

Voice Conference Call Group

Call Mukib @ 905 841 3977

OR [Click here to sign up!](#)

Thursday

August 6

Support for Depression

10:00-11:15AM

Voice Conference Call Group

Call Mukib @ 905 841 3977

OR [Click here to sign up!](#)

Check-In (Karen)

11:00-12:00PM

[Click here to sign up!](#)

Social Circle (Deb L)

1:00-2:00PM

[Click here to sign up!](#)

Telephone Topics (Sharlene)

1:30-2:30PM

[Click here to sign up!](#)

Habits: Gretchen Rubin (Karen)

1:30-2:30PM

[Click here to sign up!](#)

Book Nook (Tim)

2:30-3:30PM

[Click here to sign up!](#)

Breathing and Meditation (James)

4:00-4:30PM

[Click here to sign up!](#)

Friday

August 7

Career Café

10:00-12:00PM

[Click here to sign up!](#)

Mindful Doodles (Sharlene)

11:00-12:00

[Click here to sign up!](#)

Meanings in Music (James)

12:30-1:30PM

[Click here to sign up!](#)

Fun Friday (Cheyanne)

1:30-2:30PM

[Click here to sign up!](#)

Support for Depression

7:00-8:15PM

Voice Conference Call Group

Call Mukib @ 905 841 3977

OR [Click here to sign up!](#)

Team emails:
 Sharlene: swong@cmha-yr.on.ca
 Deb: dleblanc@cmha-yr.on.ca
 James: jwelsman@cmha-yr.on.ca
 Jenna: jstewart@cmha-yr.on.ca
 Tim: tpowell@cmha-yr.on.ca
 Cheyanne: cdaniels@cmha-yr.on.ca
 Karen: kmcinerney@cmha-yr.on.ca

Please note: Group sign-ups will close 24 hours before each group starts; Expect to receive an invitation to each group session at least 1 business day prior to the group starting time (Mondays and Holiday emails will arrive on the day of the session at 9:30AM)

Online Groups: Descriptions

Art with Heart @ Home: Being creative together offers us an opportunity to connect with others, our environment and ourselves. This group is meant to take what you have available around your home to make and share art.

Book Nook: This session is an opportunity to listen to, and read aloud of selected literature and then to discuss, debate, and analyze it afterwards.

Breathing and Meditation: 10 minutes of breathing exercises and 10 minutes of guided meditation. Take the time to commit to mindful relaxation, and you may find you have even more time to be present in the moment.

Check-In: Check-In with your peers online. Share what has gone on in your life lately, what has worked for you, what hasn't worked, and give and provide support. Take in new perspectives, and talk with peer support workers who have been through similar experiences as you, and can relate.

****PLEASE NOTE:** You can only sign-up for one of the two session per week. Sign-up for each session has a limit of 10 participants*

Coping Strategies: This group will work to help individuals become more familiar with a variety of coping strategies. The goal is although discussion among the group to identify certain strategies and the benefits of each one. Clients will gain valuable skills to put toward their self-care routine, as well as, gain confidence to try something new.

Drawing 101 (once a month): Learn to draw or practice your drawing skills in this non-judgmental and fun drawing group. We will be using exercises from Drawing from Right Side of the Brain and other common activities that are meant to build hand-eye coordination skills that help improve your drawing. This group will be held once a month. All skill levels and experiences are welcomed and appreciated!

Family Support Group: This group is designed specifically for family members who are caring for loved ones with a mental illness. By coming together with professionals and other caregivers, they can increase their knowledge about mental health, resources within the community, gain skills and learn practical strategies from other caregiver experiences. They will then be better able to contribute to their loved ones recovery process and at the same time promote their self-care.

Fun Friday: It is a group that is going to be open discussion about fun and exciting things that group members experienced that week that they want to share with the group.

Hearing Voices Support Group—We are here for you during the COVID-19 crisis with coping skills that can help you while staying home. This online open group is for current CMHA clients who hear voices, experience alternate realities, or experiences of psychosis. The facilitators of this group, who have lived experience, will work together with the group on a new topic and coping skill each week, with a focus on topics relevant to the current situation.

Humble Tiger: The Humble Tiger workbook was created by a Psychiatrist and meant as a wellness tool in your journey of return to work. Topics include building your foundation, who are your lifeliners or support system, recognizing symptoms and daily routine change, and a Mindfulness component.

Life Skills: Life Skills can help individuals to recognize and harness their inner strengths to rebound from setbacks and challenges. Using the Positive Psychology approach, Life Skills inspires and empowers participants to identify their personal strengths and cultivate healthy life skills by reframing how they think of personal obstacles. Participants learn how to turn challenges into opportunities for personal growth and resilience.

Online Groups: Descriptions

Meanings in Music: Explore the meaning of songs through playing music together, singing, and discussion about themes, and the good feelings that music can give. No music experience required! Expect fun, laughs, and music with your peers!

Mindful Doodles: Draw yourself mindful! Use a simple pattern-making technique to practice mindfulness. All you need is a pen and/or pencil, paper and an openness to trying some drawing.

Morning Walk: Join us over the phone for a relaxing walking group. Getting some sunlight, light exercise, and connecting with peers are all beneficial to mental health. Though apart, we will be together over the phone to chat and check-in with each other.

Music with Ron Beer: Indulge your love of music as Ron Beer performs various Rock and Roll classics as well as his own originals.

Mystery People: Are you ready for a game show? Do you like to "figure things out" ? Use the hints provided to guess the person(s) being described. Think strategically!"

Peerzone: To explore: Stress and its impact; Mindfulness and changing the way we think; Ways of reducing stress

Social Circle: Social Circle provides an opportunity to meet others and practice communication skills in a relaxed environment.

Stories of Courage: This group is based on the book "Hearts Linked by Courage". The book contains the stories of some of our own members. This is a place to find courage and inspiration.

Support for Depression:– A peer run support group for individuals struggling with mental illness that is held in the evenings.

Telephone Topics: Aimed for people who do not have access to the internet. You will receive a call from one of our Peer Support Workers. You will be on the phone with other members at the same time. Every one will be given a fun and exciting topic to share ideas and experiences.

Tuesday Topics: Welcome to Tuesday Topics, where members can discuss their personal experience with the topic of the day. Each week, members will be given a topic from the facilitator and discussion will be open to the group.

Virtual Career-Café: Staff members from the employment program are available during this time for virtual drop-in consultations regarding your employment needs. Help is offered with job searching, résumé and cover letter writing, concerns at work, etc.

Weekly Wellness: Join us for various interactive activities including team-builders, guided relaxation, cooking shows, chair yoga... Each week you will take away a self-care challenge! Lets break the COVID blues together!

Questions? Feedback?

Contact the Community Connections team at communityconnections@cmha-yr.on.ca

Visit our website at <https://cmha-yr.on.ca/programs/adult/community-connections>