

PROGRAM INFORMATION

(V) Virtual (IP) In-Person

☺ Family Welcome Groups (16+) 🗣 Talking/Sharing/Verbal Group

👐 Hands-On/ Talking Not Required ★ Non-Community Connections Group

• Virtual group sign-up closes 24 hours before the group starts. • Interpretation services are available upon request.

• Although we try our best, **groups may be cancelled due to unexpected events.**



Monday 1

Tuesday 2

Wednesday 3

Thursday 4

Friday 5

HAPPY
NEW YEAR

DROP-IN:
Aurora 1:00-3:30PM
Markham (HSBC) 1:00-3:30PM

DROP-IN:
Aurora 1:00-3:30PM

DROP-IN:
Alliston 1:00-3:30PM
Aurora 1:00-3:30PM
Markham (HSBC) **CLOSED**

DROP-IN:
Markham (HSBC) 1:00-3:30PM

**Offices closed
due to
New Years Day**

★(V) Support for Depression
10:00-11:15AM
Voice Conf. Call Group
[Click to sign up!](#)

(IP) Mall Walk @ Markville Mall—
meet @ Tim Hortons (Karen)
11:00AM-12:00PM

(V) Support for Anxiety (Sara)
11:00AM-12:00PM [Click to sign up!](#)

★(V) Hearing Voices (Brian)
1:00-2:00PM [Click to sign up!](#)

(IP) Art Curious in HSBC (Tim)
1:15-2:15PM

(V/IP) Mindful Art in Aurora
(Jennifer)
1:15-2:15PM [Click to sign up!](#)

(V/IP) Winter Wellness in Aurora
(Melissa)
2:30-3:30PM [Click to sign up!](#)

(IP) Resolution Discussion in
Aurora (Tim)
1:30-2:15PM

★(IP) Support for Depression in
Newmarket Library
7:00-8:00PM

★(V) Support for Depression
7:00-8:15PM
Voice Conference Call Group
[Click to sign up!](#)

★(V) Chinese Family Support
Group
7:00-8:15PM
[Click to sign up!](#)

★(V) Support for Depression
10:00-11:15AM
Voice Conf. Call Group [Click to sign up!](#)

(V) Check-In (Karen)
10:30-11:30AM [Click to sign up!](#)

★(V/IP) Career Café in Aurora
(Employment Specialist)
10:00AM-12:00PM [Click to sign up!](#)

★(IP) 5 Point Acupuncture in Aurora
(Sharlene) 12:15-1:00PM

(V/IP) Meanings in Music in Aurora
(Sara) 1:15-2:15PM [Click to sign up!](#)

(IP) Bracelet Making in Alliston (Melissa)
1:30-2:30PM

(V) Bliss Brain (Jennifer)
2:30-3:30PM [Click to sign up!](#)

★(IP) Support for Depression in Alliston
6:00-7:30PM

★(V) Support for Depression
7:00-8:15PM Voice Conf. Call Group
[Click to sign up!](#)

(IP) New Member Orientation in
HSBC (Sara)
11:30AM-12:00PM

★(IP) 5 Point Acupuncture in
HSBC (Sharlene)
12:00-1:00PM

(IP) Crafting in HSBC (Sara)
1:00-2:30PM

★(V) Support for Depression
7:00-8:15PM
Voice Conf. Call Group
[Click to sign up!](#)

[Click here](#) for Employ-
ment-related Workshops!

[Click here](#) for The College
of Health & Well-Being!



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Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
	DROP-IN: Aurora 1:00-3:30PM Markham (HSBC) 1:00-3:30PM	DROP-IN: Aurora 1:00-3:30PM	DROP-IN: Alliston 1:00-3:30PM Aurora 1:00-3:30PM Markham (HSBC) CLOSED	DROP-IN: Markham (HSBC) 1:00-3:30PM
<p>★(IP) Housing Hub in Aurora (<i>Housing Specialist</i>) 10:00AM—1:00PM</p> <p>(V) New Member Orientation (<i>Tim</i>) 1:00-2:00PM Click to sign up!</p> <p>★(V) Support for Depression 7:00-8:15PM Voice Conf. Call Group Click to sign up!</p> <p>★(V) Support for Depression 7:00-8:15PM Voice Conf. Call Group via ZOOM Click to sign up!</p>	<p>★(V) Support for Depression 10:00-11:15AM Voice Conference Call Group Click to sign up!</p> <p>(IP) Mall Walk @ Markville Mall— meet @ Tim Hortons (<i>Karen</i>) 11:00AM-12:00PM</p> <p>(V) Support for Anxiety (<i>Sara</i>) 11:00AM-12:00PM Click to sign up!</p> <p>★(V) Hearing Voices (<i>Brian</i>) 1:00-2:00PM Click to sign up!</p> <p>(IP) Art Curious in Aurora (<i>Tim</i>) 1:15-2:15PM</p> <p>(V/IP) Winter Wellness in Aurora (<i>Melissa</i>) 2:30-3:30PM Click to sign up!</p> <p>(IP) Under the Rainbow: Cooking Healthy on a Budget In Aurora (<i>Brian</i>) 6:00-8:00PM Click to sign up!</p>	<p>🗣(IP) Thinking Out Loud in Aurora (<i>Tim</i>) 1:15-2:15PM</p> <p>★(IP) Support for Depression in Newmarket Library 7:00-8:00PM</p> <p>★(V) Support for Depression 7:00-8:15PM Voice Conference Call Group Click to sign up!</p> <p>(V) Heartfulness (<i>Melissa</i>) 7:30-8:30PM Click to sign up!</p>	<p>★(V) Support for Depression 10:00-11:15AM Voice Conference Call Group Click to sign up!</p> <p>(V) Check-In (<i>Karen</i>) 10:30-11:30AM Click to sign up!</p> <p>★(V/IP) Career Café in Aurora (<i>Employment Specialist</i>) 10:00AM-12:00PM Click to sign up!</p> <p>★(IP) 5 Point Acupuncture in Aurora (<i>Sharlene</i>) 12:15-1:00PM</p> <p>(V/IP) Meanings in Music in Aurora (<i>Sara</i>) 1:15 - 2:15PM Click to sign up!</p> <p>(IP) Bracelet Making in Alliston (<i>Melissa</i>) 1:30-2:30PM</p> <p>★(IP) Support for Depression in Alliston 6:00-7:30PM</p> <p>★(V) Support for Depression 7:00-8:15PM Voice Conf. Call Group Click to sign up!</p>	<p>(IP) Crafting in HSBC (<i>Sara</i>) 1:00-2:30PM</p> <p>★(V) Support for Depression 7:00-8:15PM Voice Conference Call Group Click to sign up!</p> <div> <p>Click here for Employ- ment-related Workshops!</p> <p>Click here for The College of Health & Well-Being!</p> </div>

Community Connections Calendar

January 2024



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Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
	DROP-IN: Aurora 1:00-3:30PM Markham (HSBC) 1:00-3:30PM	DROP-IN: Aurora 1:00-3:30PM	DROP-IN: Alliston CLOSED Aurora CLOSED Markham (HSBC) CLOSED	DROP-IN: Markham (HSBC) 1:00-3:30pm
★(IP) Housing Hub in Aurora <i>(Housing Specialist)</i> 10:00AM—1:00PM	★(V) Support for Depression 10:00-11:15AM Voice Conference Call Group Click to sign up!	(V/IP) Music with Ron in Aurora <i>(Tim)</i> 1:15-2:15PM Click to sign up!	★(V) Support for Depression 10:00-11:15AM Voice Conference Call Group Click to sign up!	(IP) New Member Orientation in HSBC <i>(Sara)</i> 11:30AM-12:00PM
★(V) Support for Depression 7:00-8:15PM Voice Conference Call Group Click to sign up!	(IP) Mall Walk @ Markville Mall— meet @ Tim Hortons <i>(Karen)</i> 11:00AM-12:00PM	★(IP) Support for Depression in Newmarket Library 7:00-8:00PM	★(V/IP) Career Café in Vaughan <i>(Employment Specialist)</i> 10:00AM-12:00PM Click to sign up!	(IP) Crafting in HSBC <i>(Sara)</i> 1:00-2:30PM
	(IP) New Member Orientation in Aurora <i>(Jennifer)</i> 11:00-11:30AM	★(V) Support for Depression 7:00-8:15PM Voice Conference Call Group Click to sign up!	CC programming cancelled due to Outing at The Art Gallery of Ontario (AGO)	★ (V) Support for Depression 7:00-8:15PM Voice Conference Call Group Click to sign up!
	(V) Support for Anxiety <i>(Sara)</i> 11:00AM-12:00PM Click to sign up!			
	★(V) Hearing Voices <i>(Brian)</i> 1:00-2:00PM Click to sign up!		Click to sign up!	
	(V/IP) Art Curious in HSBC <i>(Tim)</i> 1:15-2:15PM Click to sign up!		★ (V) Support for Depression 7:00-8:15PM Voice Conf. Call Group Click to sign up!	
	★(IP) 5 Point Acupuncture in Aurora <i>(Sharlene)</i> 3:30-4:15PM			
	★(V) Tamil Family Support Group 7:00-8:00PM Click to sign up!			

[Click here](#) for Employment-related Workshops!

[Click here](#) for The College of Health & Well-Being!

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Monday 22

Tuesday 23

Wednesday 24

Thursday 25

Friday 26

DROP-IN:

Aurora 1:00-3:30PM
Markham (HSBC) 1:00-3:30PM

DROP-IN:

Aurora 1:00-3:30PM

DROP-IN:

Alliston **CLOSED**
Aurora 1:00-3:30PM
Markham (HSBC) **CLOSED**

DROP-IN:

Markham (HSBC) 1:00-3:30PM

★(IP) Housing Hub in Aurora
(Housing Specialist)
10:00AM—1:00PM

(V) New Member Orientation
(Tim)
1:00-2:00PM [Click to sign up!](#)

(V) Spirituality (Melissa)
3:30-4:30PM [Click to sign up!](#)

★(V) Support for Depression
7:00-8:15PM Voice Conf. Call
Group
[Click to sign up!](#)

★(V) Support for Depression
7:00-8:15PM Voice Conference
Call Group via ZOOM
[Click to sign up!](#)

★(V) Support for Depression
10:00-11:15AM
Voice Conference Call Group
[Click to sign up!](#)

(IP) Mall Walk @ Markville Mall—
meet @ Tim Hortons (Karen)
11:00AM-12:00PM

(V) Support for Anxiety (Sara)
11:00AM-12:00PM
[Click to sign up!](#)

★(V) Hearing Voices (Brian)
1:00-2:00PM [Click to sign up!](#)

(V/IP) Art Curious in HSBC (Tim)
1:15-2:15PM [Click to sign up!](#)

🗨(IP) Thinking Out Loud in Aurora
(Tim)
1:15-2:15PM

(IP) The Rising Generation Social
Hub @ Aurora Public Library:
Grounding and Coping Skills. Ages
19-29 (Brian/Tim)
4:00-5:30PM

★(IP) Support for Depression in
Newmarket Library
7:00-8:00PM

★(V) Support for Depression
7:00-8:15PM Voice Conf. Call Group
[Click to sign up!](#)

(V) Heartfulness (Melissa)
7:30-8:30PM [Click to sign up!](#)

★(V) Support for Depression
10:00-11:15AM Voice Conf. Call Group
[Click to sign up!](#)

★(V/IP) Career Café in Aurora
(Employment Specialist)
10:00AM-12:00PM [Click to sign up!](#)

(V) Check-In (Karen)
10:30-11:30AM [Click to sign up!](#)

(V/IP) Your Voice Matters in Aurora
(Sara)
11:00AM-12:00PM [Click to sign up!](#)

★(IP) 5 Point Acupuncture in Aurora
(Sharlene) 12:15-1:00PM

(V/IP) Meanings in Music in Aurora
(Sara)
1:15 - 2:15PM [Click to sign up!](#)

★(IP) Support for Depression in
Alliston 6:00-7:30PM

★(V) Support for Depression
7:00-8:15PM Voice Conf. Call Group
[Click to sign up!](#)

★(IP) 5 Point Acupuncture in HSBC
(Sharlene)
12:00-1:00PM

☺(IP) Crafting in HSBC (Sara)
1:00-2:30PM

★(V) Support for Depression
7:00-8:15PM
Voice Conference Call Group
[Click to sign up!](#)

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Monday 29

Tuesday 30

Wednesday 31

Thursday

Friday

DROP-IN:

Aurora 1:00-3:30PM
 Markham (HSBC) 1:00-3:30PM

DROP-IN:

Aurora 1:00-3:30PM

★(IP) Housing Hub in Aurora
(Housing Specialist)
 10:00AM—1:00PM

★(V) Support for Depression
 7:00-8:15PM Voice Conf. Call Group
[Click to sign up!](#)

★(V) Support for Depression
 7:00-8:15PM
 Voice Conference Call Group via ZOOM
[Click to sign up!](#)

★(V) Support for Depression
 10:00-11:15AM
 Voice Conference Call Group
[Click to sign up!](#)

(IP) Mall Walk @ Markville Mall—
 meet @ Tim Hortons (Karen)
 11:00AM-12:00PM

(V) Support for Anxiety (Sara)
 11:00AM-12:00PM
[Click to sign up!](#)

★(V) Hearing Voices (Brian)
 1:00-2:00PM [Click to sign up!](#)

(V/IP) Art Curious in HSBC (Tim)
 1:15-2:15PM [Click to sign up!](#)

★(V) English Family Support Group
 7:00-8:15PM
[Click to sign up!](#)

(V/IP) Music with Ron in Aurora
(Tim)
 1:15-2:15PM [Click to sign up!](#)

★(IP) Support for Depression in
 Newmarket Library
 7:00-8:00PM

★(V) Support for Depression
 7:00-8:15PM
 Voice Conference Call Group
[Click to sign up!](#)

[Click here](#) for Employment-related Workshops!

[Click here](#) for The College

Community Connections Locations



Aurora Office:

15150 Yonge St.
Aurora, ON L4G 1M2
Access from back parking lot off of
Temperance St. or through Yonge
St. entrance



Alliston Office:

35 Victoria St E Unit 1,
Alliston, ON L9R 1T3



Markham (HSBC) Office:

3601 Hwy 7, Suite 710,
Markham, ON L3R 0M3

Group Descriptions

5-Point Protocol Acupuncture: is a treatment used to reduced cravings, increase feelings of calmness, help sleep, reduce agitation, provide relief from emotional trauma, promote emotional balance, and/or discover inner quiet and strength. 5-Point Protocol Acupuncture consists of receiving 5 pins in each ear and sitting in a quiet and peaceful setting for approximately 30 minutes.

Art Curious?: Like Art ? Want to explore some ? Join us for this in-person look at the work of some well-known artists. Discuss a piece of work, and then try to create your own version to share with the group or your own social circle. Let's share across art !

Bliss Brain: Remodel your brain for resilience, creativity, and joy. Blend cutting-edge, easy to understand, neuroscience with firsthand experience and learn how to rewire your brain for happiness, starting right now.

Book Nook -This virtual session is an opportunity to listen to a read aloud of selected humorous literature with different voices for the different characters in the story. Participants will also have the opportunity to discuss, debate, and analyze the reading.

Bracelet Making in Alliston: Join us to make bracelets! Art supplies will be provided, but you are welcome to bring your own.

Career-Café (Virtual/ In-Person): The Employment program is offering half hour time slots to those who are not currently working with an Employment Specialist and are looking for some quick employment or pre-employment help. We can assist with things such as: Job Search, Interview Prep, Resume/cover letter writing, work accommodation information, managing mental health at work and more.

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*

Crafting In Markham (HSBC): Enjoy some social time while creating. Art, crafts, poems and more. Materials provided. Feel free to bring your own items to create with.

Family Support Group (Farsi 2nd Tuesday/ Tamil 3rd Tuesday/ Urdu 4th Tuesday of each month): 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. **Chinese Family Support Group is run on the 1st Wednesday of each month.**

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.

Heartfulness: Heartfulness is a simple and subtle practice of meditation that connects each of us with the light and love in our hearts. It is to live naturally, in tune with the noble qualities of a heart, enlightened and refined through spiritual practice. These qualities include compassion, sincerity, contentment, truthfulness, and forgiveness; attitudes such as generosity and acceptance; and the heart's fundamental nature, which is love. The Heartfulness approach to life is supported by the four basic practices of Sahaj Marg (meaning 'natural path').

Mall Walk (Markville Mall in Markham): Come to the mall. See the sights. We'll find ways to laugh and life will seem good. We meet at Markville Mall in front of the Tim Hortons on the second floor at 11AM on Tuesdays.

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!

Group Descriptions

Mindful Art: Discover the transformative power of Mindful Art as we combine mindfulness and artistic expression. Through engaging lessons and guided activities, you'll explore various art forms and learn to cultivate presence and awareness while nurturing your creative spirit. No prior experience is necessary, making this course accessible to beginners and experienced artists alike. Unleash your creativity, deepen your mindfulness practice, and explore the therapeutic benefits of art in this immersive journey of self-discovery.

Mindful Yoga: Mindful Yoga is a combination of gentle restorative Hatha yoga and mindfulness. We will focus on bringing unity between body, mind, and spirit while gaining flexibility and strength, relieve tension and stress and become grounded. No prior experience is required. Please bring your own Yoga mat.

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

New Member Orientation: A group for new members to gain more information about CMHA and more specifically, Community Connections. Clients will learn about the programs offered and the supports from Community Connections. Clients will have the opportunity to register with Community Connections and get connected with Central Intake.

Outing (Once a month): Let's a-go to the AGO ! Come along with us to visit the AGO (Art Gallery of Ontario) and experience art first hand - like Native Canadian Art and activism, learning about multiple cultures and their experience in Canada, broadening your experience and interests through art. Experience visual delights in the artwork on display - there's something for everyone at the AGO ! Join us on a journey of your choice through the many art exhibits on display at the Art Gallery of Ontario.

Resolution Discussion: It's a new year and a new you! What are you most proud of from last year? What are your hopes, goals, for this year? Share your successes and what you are going to focus on for 2024.

Spirituality: Each month, Don Shields, the chaplain from Markham Stouffville Hospital, will present a new topic related to spirituality. Topics related to: managing change during difficult times, and tell your story, will be discussed.

Support for Anxiety: This group aims to reduce the feelings of loneliness and isolation many feel when dealing with anxiety through sharing stories/experiences, discussing coping skills, and offering hope to one another. This is a safe social outlet to meet others living with anxiety.

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

Thinking Out Loud: The first step to understanding our mind and becoming a better thinker is to become aware of the thinking mistakes that we all have within us. Join us for a fun and social card game and learn how to avoid mental mistakes, discuss how to handle them, and learn the ways your own mind can trick you ! Let the games begin ! :)

Group Descriptions

Trans and Non-Binary Group (January date to be announced, ages 16+): This group is for trans and non-binary people looking to build community, connect, and engage in relevant programming. Registration is required for this group, and we ask that only members of the trans and non-binary community attend. Contact communityconnections@cmha-yr.n.ca for any questions regarding the date and time of this group.

Under the Rainbow (2nd Tuesday): This program is a social and support group for all those who identify as 2SLGBTQ (and allies). Our group typically offers a theme for each evening. We have had sessions that included discussion, movies, games, cooking, arts and crafts, and other opportunities. We also offer programming based on feedback from participants.

Winter Wellness: The winter can be a joyful yet stressful time. In this group, we will be looking at what we can do to promote wellness in our lives during the holiday and winter season.

Your Voice Matters (Members Meeting) (once a month): This is your opportunity to provide feedback on Community Connections online programming, and for you to help shape our groups and program offerings as we move forward. This will be once a month, like the in-person Member's Meetings.

Youth Group AKA The Rising Generation Social Hub (2nd Wed of month 14-18yrs ON PAUSE; 4th Wed of month 19-29yrs): *Younger Youth Group is on a pause for the time being.* Every fourth Wednesday of the month for ages 19-29, from 4-5:30pm, at the Aurora Public Library, AKA The Rising Generation Social Hub! Come out and enjoy some social time with your peers. Different monthly programming is being offered, such as Basic Budgeting, and Coping Skills.

Additional Information

★ Team Contacts:

★ Karen: kmcinerney@cmha-yr.on.ca
★ Melissa: mcortese@cmha-yr.on.ca
★ Sara: scaldeira@cmha-yr.on.ca
★ Tim: tpowell@cmha-yr.on.ca

Brian: 289-879-5375
Sharlene: swong@cmha-yr.on.ca
Erin (phone in): 905-841-3977x4248

LEGEND:

💬 Talking/Sharing/ Verbal Group

👉 Hands-On/ Talking Not Required

😊 Family Welcome Groups (16+)

★ Non-Community Connections Group (See Description for Eligibility)

Success Nominations

[Click here](#) to fill one out and nominate someone!

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>