

# G.R.O.W. & PEER GROUP CALENDAR

## Monday

Wake up with ICMHA  
Goal setting - Drop in  
9:30-10:30

Craft Group  
1:00 - 3:00  
Drop in

Men's Group  
1:00 - 2:30  
Jan 6- March 24  
April 7- June 23

## Tuesday

Wake up with ICMHA  
Mindful Movement Drop in  
9:30-10:30

Cooking Club  
11:00 - 1:00  
Drop in

Mindfulness  
Meditation  
11:00-12:00  
Drop in

Drop In Art  
12:30 - 3:30

Yoga with Nyk  
4:00 - 5:30  
Jan 14- April 1

## Wednesday

Wake up with ICMHA  
Games - Drop in  
9:30-10:30

CBT  
11:00 - 12:30  
Jan 8 - Feb 5  
Feb 26 - March 26  
April 16 - May 14

Cooking Club  
11:00 - 1:00  
Drop in

Drop In Art  
12:30 - 3:30

Mindfulness  
1-2.30  
Jan 8 - Feb 26  
March 19 - May 7

## Thursday

Wake up with ICMHA  
Walk - Drop in  
9:30-10:30

Community  
Connections  
1:00 - 3:00

Talk & Step  
2:00 - 3:00  
Drop in

**G.R.O.W.  
PROGRAMS**

## Friday

Wake up with ICMHA  
Reflective Journaling  
Drop in 9:30-10:30

Virtual Goal Setting  
9:00 - 10:00

Cooking Club  
11:00 - 1:00  
Drop in

Emotional Intelligence  
1:00-2:30  
Jan 29-March 19  
April 9- May 28

Drop In Art  
12:30 - 3:30

Music  
1:00-2:30  
Drop in

**PEER SUPPORT  
PROGRAMS**

**NOTE: No groups on  
statutory holidays**

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- Drop-in Talk and Step** – Join us for a leisurely walk and talk around the Vic West Area, with a stop at a local café. This group will aim to provide exercise and social connection, with a rotating cast of facilitators. The level of activity will be light.
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- Mindfulness for Everyone** – Mindfulness helps us bring awareness to our thoughts, feelings, and body sensations so that instead of being overwhelmed by them, we are better able to manage them. This 8 week registered group will include learning, practice, reflection, and discussion. Any level of experience is welcome!
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- Mindfulness Meditation** – Ever wanted to just try a mindfulness meditation? Come along to this drop in group to experience or try out a meditation. A different rotating set of meditations will be done each week.
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- Yoga with Nyk** – Taking place at beautiful Christ Church Cathedral (930 Burdett Ave.), this class will emulate a community yoga experience, with the support of Grow staff. Nyk Danu, Therapeutic Yogi, will teach Yin yoga – a grounding & centering practice with basic movements to gently warm the body & increase circulation. All skill levels are welcome!
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- CBT** – This 6 week registered program provides illness education, thinking strategies, & lifestyle management skills for people who experience depression. Anxiety management skills will also be touched upon.
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- Craft Group** – Whether you're a seasoned crafter or a curious beginner, our craft group offers a welcoming space for creating, learning new techniques, and connecting with one another. Each week we will work on a new, often seasonal, craft for you to take home. All materials provided, so just bring your enthusiasm!
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- Cooking Club** – You are invited to experience the flavours of the world! Learn new recipes and cooking methods, while using budget basics to create delicious, nutritious, restaurant quality meals. Follow the recipe from start to finish, enjoy a lovely lunch together, then take a portion home to enjoy later!
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- Drop-in Art** – Provides an inclusive and creative environment where like minded people can create art and socialize in a safe space. Supplies are on hand in a variety of mediums as well as craft supplies and colouring books.
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- Virtual Goal Setting** – Encourages goal setting, and the active, intentional work towards them, through positive and supportive engagement.
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- Emotional Intelligence** – Emotional Intelligence (EI) is an 8-session program designed to help participants notice, identify, and manage their emotions in ways that can enhance their well-being, improve relationships and live a healthier and more satisfying life
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- Wake up with ICMHA** – Start your day with coffee and an activity. This drop in space is a great way to chose the way you want to spend your time in the morning. Activities are optional you can just come for coffee and connection if that's what you want.
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- Men's Group** – This 12 week registered conversational style group offers a safe environment for men to discuss a variety of topics related to men's mental health and wellbeing. Join us to find understanding, encouragement, and strength in a community of your peers! Co-facilitated by Grow and PEER Support, this group is open to anyone who self-identifies as a man.
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- Community Connections** – This time is all about how you want to engage with the community. Have you always wanted to go to the gym but would like someone to go with you? Are there other services that you'd like support accessing? This time can reflect what you feel community connection is to you.
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- Music** – This time is to come and experience and enjoy music. No need to have any experience; you could be listening to music or taking part in creating music.