

PSR GROUP CALENDAR

Monday

Body movement
10:30 - 12:00

Seniors Coffee
1:00 - 3:00

Men's Group
1:00 - 2:30
Ongoing

Tuesday

Coffee Group
10.30-12.00

Cooking Club
11:00 - 1:00
Drop in

Arts and Crafts
mending club
1:00 - 3:00

Drop In Art
12:30 - 3:30

Mindfulness
2 - 3.30
May 13 - June 17

Yoga
4:00 - 5:00
April 29 - July 29

Wednesday

Wake up with ICMHA
Journaling
9:30-10:30

CBT
11:00 - 12:30
April 23 - May 28

Container gardening
10.30-12.00

Cooking Club
11:00 - 1:00
Drop in

Drop In Art
12:30 - 3:30

Thursday

Games day
10.30-3.00
12-1 break for lunch

Anxiety Group
11.00-12.30
May 1 - June 5

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

PEER SUPPORT PROGRAMS

G.R.O.W. PROGRAMS

Bridge/SSN

Friday

Wake up with ICMHA
Virtual Goal setting
Drop in 9:00-10:00


Community Outings
10.30-3.00
12-1 break for lunch


Cooking Club
11:00 - 1:00
Drop in

Emotional Wellness
1:00-2:30
April 25 - June 6


Drop In Art
12:30 - 3:30

**NOTE: No groups on
statutory holidays**


 **Talk and Step** – Join us for a leisurely walk and talk around the Vic West Area, with a stop at a local café reasonably priced coffee/tea will be paid for by ICMHA. This group will aim to provide exercise and social connection. The level of activity will be light.


 **Mindfulness**– 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 6 week registered group will include learning, practice, reflection, and discussion. Any level of experience is welcome!

 **Anxiety Group** – A 6 week group to explore ways to cope with anxiety. Learn skills and management tools in a supportive setting.

 **Yoga** – Trauma informed yoga. All skill levels are welcome!

 **CBT** – This 6 week registered program provides education re: behavioural activation, thinking strategies, & lifestyle management skills. All skills are based on the CBT model 1

 **Arts and Crafts** – 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!


 **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!


 **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.


 **Container Gardening** – Get your hands in the dirt and enjoy inside container gardening. Planting herbs and other plants that can easily grow in containers. You get to take produce home too!


 **Emotional Wellness** – This 7 week group explores a variety of skills to help regulate and manage emotions. Come for all the groups or pick the ones that most interest you.


 **AM Journaling** – Start your day with coffee and journaling or coffee. This drop in space is a great way to choose the way you want to spend your time in the morning.


 **Men's Group** – This 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.

 **Body Movement** – Gentle and mindful body movement for wellness and relaxation.

 **Outings** – Engage in your community through a series of outings. Times and locations will change.

 **Games Day** – Come engage in puzzles, games and more. Come for part of the day or the whole day.

 **Coffee and conversation** – Connect with others over a good cup of coffee, snacks and interesting conversation. (Senior's groups are 60+).

 **Virtual Goal setting** – Supports the active and intentional work of goal setting with support and encouragement. The group meets online to discuss and complete goals in real time.