

GROUPS SCHEDULE



Well BEing: 11:00 am - 12:30 pm
Attend as often as you need, share as you are comfortable. (SH)

Exploring Creativity: 2:00 pm - 3:00 pm
(Bi-weekly rotation of Lit-Grit and Creative Writing) Dive into our relationship with reading and writing as we review an assortment of literature and explore writing with provided prompts. Materials needed: paper and something with which to write. (SC)



Daily Wellness Planning: 10:30 am - 12:00 pm
Support yourself with learning about and implementing daily planning strategies. (SH)

Sharing Circle: 4:00 pm - 5:30 pm
Make connections in your community as we engage in a variety of activities and discussions. (SC)



Our Hour: 11:00 am - 12:00 pm
Weekly rotating discussion group. Enjoy virtual café style conversation through topics such as Pop Culture; Mindful Moments practices; Improv activities that exercise our quick thinking skills, and revisiting trends and events "Through the Decades". (SC)

Navigating Stress & Anxiety: 1:30 pm - 3:00 pm
Explore and develop wellness tools and self-care strategies. (SH)



Well BEing: 1:00 - 2:30 pm
Attend as often as you need, share as you are comfortable. (SH)

We Matter: 6:00 - 7:30 pm
Collectively explore topics of self-compassion, self-awareness, self-esteem and self-worth. (SH)

Just Be You: 7:00 - 9:00 pm
Peer-led and youth-focused, Just Be You provides a place for youth ages 15-25 to go, hang out, and have fun—without judgment, without stigma—on their terms.
Please connect with centreinfo@supporthouse.ca to register and receive password for this group.(SC)



Games Room: 1:30 - 3:00 pm
Explore fun, interactive team-building games in a virtual setting. (SC)

Community Connections: Second Wednesday of the Month 4:00 - 4:30 pm
You asked, we listened! The intention of this space is for peers to come together and share their contact information if they choose to. During this group please uphold our Group Values. (SC)

Our Social Connections groups (SC) are open to all on a drop-in basis. Our Self-Help groups (SH) require a short registration process. Please visit our Virtual Self-Help section of our website to register. Check out our Peer Resource Hub for a list of self-directed resources.

Centre for Innovation in Peer Support's programs are virtual and free of charge!