



Canadian Mental Health Association

Huron Perth Addiction and Mental Health Services



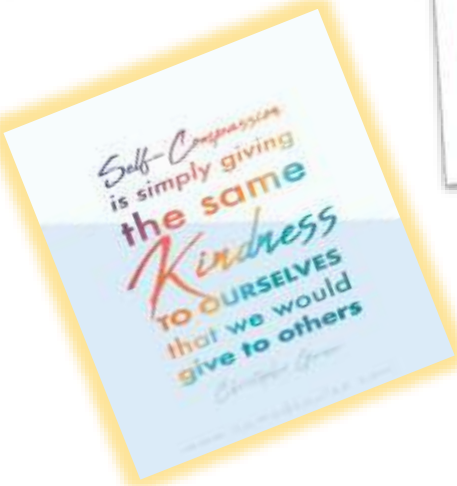
Canadian Mental Health Association
Huron Perth Addiction and Mental Health Services

May — June 2023

With **MANY THANKS** to the
Newsletter Committee: **Don V., Leann N., Martin M.**

CMHA Mental Health Week

MAY 1 - 7, 2023



CHIEF EXECUTIVE OFFICER

Catherine Hardman
Office Ext. 201

MAIN OFFICE

10 Downie Street, Suite 300
Stratford, ON N5A 7K4

STRATFORD OFFICE

540 Huron Street
Stratford, ON N5A 5T9

HURON OFFICE

29 Kingston Street
Goderich, ON N7A 3K2

OFFICE HOURS: 9:00 AM - 5:00 PM

Local: 519.271.6819

Toll-Free: 1.888.261.9350

Fax: 519.271.2746

PHOENIX CENTRE & PEER SUPPORT

10 Downie Street, Stratford

519.271.6819 EXT. 260

Monday - Friday 9:00AM - 4:30PM

Toni Johnston *PC&PS Lead*
(Work Cell) **226.921.8751**

tjohnston@choicesforchange.ca

Tammy McCullough, *Peer Support*

Office Ext. **261**

(Work Cell) **226.921.1233**

tmcullough@choicesforchange.ca

Joe Gladding, *Peer Outreach*

Office ext. **242**

jgladding@choicesforchange.ca

CONNECTION CENTRE

ST. PAUL'S CHURCH, STRATFORD ON

Sara Kuntz, *Housing Stability*

(Work Cell) **226.921.1025**

skuntz@choicesforchange.ca

THEME: MY STORY

Collectively and individually, we have multiple layers and stories that make us who we are and while each year 1 in 5 Canadians experience a mental illness or mental health issue, 5 in 5 of us – that's all people – have mental health.

We all have different, yet equally valuable stories which can be used to share one key message: universal mental health care is important and needed now!



BOARD OF DIRECTORS

Chairperson

Krystal Bax

Vice Chairperson

Jeff McGregor

Treasurer

Laura Clark

How to be happy ...

How many of us think we'll find our happiness in a cereal box or someone will hand it to us? In order to be happy with our lives, we have to do things to make it happen. The biggest trick to being happy in life is understanding that we will not always be happy every day; life doesn't work that way. There will be days that suck and things will go wrong, all we can do is accept life is a roller-coaster with up and downs. To be happy we need to live in the present. Past issues will not go away, but they don't have to influence our current life; we can choose to accept their impact on us and decide to learn from them. Being called names or teased in the past are terrible things, but they are in our past; every time we think about it, we are letting it affect our current happiness. One of my secrets to happiness is I accept that only I get to control my happiness, no-one else can make me feel unhappy, I will choose how I wish to react to things and whether I choose to let it make me unhappy. I can't control how other people act toward me or what they may say, but I get to decide how I want to react and feel about it; I consider the source. The biggest trick to being happy is accepting what we have control over. We can't make other people happy, they control their own happiness. We can't control how other people talk to us, we can only choose to listen to or ignore them. No one has invented a weather machine so we can't do anything about the weather, just how we feel about it. Our buses are our buses, we can bitch about them but we can't change them. To be happy in our life, we need to focus on the things we can control or change

Phoenix Centre
&
Peer Support

Where a friendly smile is
always waiting.

Come for a coffee, tea, or
hot chocolate, only **\$0.50**
a cup.

Stay for the atmosphere.



PRIDE MONTH CELEBRATION
PRIDE MARCH

SUNDAY, JUNE 4th, 2023
Stratford, ON

SUNDAY, JUNE 11th, 2023
St. Mary's, ON

FOR MORE INFORMATION
WATCH FOR UPCOMING FLYERS





Dates to Remember:

CMHA HP

New Phone/Fax Numbers
go live **Tuesday, May 2nd**

Local: 519-271-6819
Toll-Free: 1-888-261-2746
Fax: 519-271-2746

(Please note, the old numbers will be filtered to the new numbers to provide time for the changeover)

CMHA HP CLOSED:

Victoria Day - Mon., May 22,

LEISURE GROUP

Wednesdays **3 - 4:30 pm** unless otherwise stated

May

3rd: **Mindful Art**
10th: **Bowling**
17th: **Knight & Clay**
24th: **Stratford Axes**
31st: **Mystery Day**

For more

information on
the Leisure
Group, please
contact:
Tammy
McCullough
226-921-1233

June

7th: **Mindful Art**
14th: **Bowling**
21st: **Knight & Clay**
28th: **Stratford Axes**

Phoenix Centre MindFood Group

If you like the wisdom of

Gabor Mate

Every Tuesday in May at 2:30 pm we will be working our way through
Gabor Mate's "**WISDOM OF TRAUMA**" talks and videos

Every Tuesday in June, at 2:30 pm we will be working through
Gabor Mate's "**A RETURN TO WHOLENESS**"

HOPE TO SEE YOU THERE !

1 free coffee/tea/cold drink, & finger foods will be provided during group

Clinical Addiction Group Descriptions

Family Support Workshop: The Family Support Workshop provides education regarding addiction, the treatment system, and available community resources to loved ones of those with substance use concerns. These sessions also discuss boundaries, communication and self-care. **Please speak with a TCM for more information and to register.**

Family Peer Support Group: Designed to complement the Family Support Workshop, the Family Peer Support Group consists of individuals sharing a similar experience. This group meets the first Monday of each month. Individual peer support is also offered, by appointment. The Family Peer Support group is offered in person and via Zoom. For more information or to register for this confidential group, please contact Toni Johnston, 226-921-8751 or email, tjohnston@choicesforchange.ca

The Whys of Addiction Program: **Mondays 6:00pm-7:00pm in person, and Wednesdays 12:00pm-1:00pm on Zoom.** Twice weekly this program will offer support and education in a casual group format, with a different topic each session. **Meeting ID: 834 9713 6577 Passcode: 960118 If you are interested in this program, please contact your counsellor or case manager.**

Shared Experience Group: Shared Experience is a self-help group with an open discussion format. It provides an opportunity for people to get together to talk, be listened to, share recovery strategies, discuss issues of common interest and provide ongoing support.

Perth Shared Experience: **Thursdays 10:00am - 11:00am, beginning March 16, 2023.** Weekly in person group. Held in the Boardroom at CMHA Huron Perth's Main Office. **Please speak to your counsellor for more information.**

Huron Shared Experience: **Tuesdays 2:30pm - 3:30pm.** Weekly group held on Microsoft Teams. **Join on your computer, mobile app or room device** [Click here to join the meeting](#) **Meeting ID: 280 246 237 36 Passcode: wFae7q** [Download Teams](#) | [Join on the web](#) [Learn More](#) | [Meeting options](#) **Please speak to your counsellor for more information.**

Leisure Group: **Wednesdays 3pm - 4:30pm.** Leisure is a drop-in group that is meant to help develop a healthy lifestyle and provide options and ideas of ways to spend free time. An opportunity to have fun, learn something new, meet new friends, and develop self esteem. This group is in person, and free only to CMHA H-P Clients and Phoenix Peer Support Centre participants. **For more information please contact Tammy McCullough at 226-921-1233, or tmuccullough@choicesforchange.ca**





Phoenix Centre & Peer Support Perth Group & Activity Descriptions

Unique Art & Crafts: 3rd Monday of each month. Unique Art & Crafts is open to everyone. Each month, a different craft project. **In person only. Sign-up required by the Friday before this group.**

Dealing & Feeling: Mondays 2:00pm - 3:30pm. Dealing & Feeling is a peer support group that provides an opportunity to share experiences and perspectives as they relate to a weekly topic. Further strengthen existing life skills, build supportive relationships, be inspired and empowered. **In person and via Zoom.**

Meeting ID: 317 308 3173 Password: Choices

MindFood: Tuesdays 2:30pm - 4:00pm. Peer Support group intended to provide participants an opportunity to learn more about common issues that may arise with mental health and addictions, as well as gain empowering coping tools and strategies. Learning about ourselves, and maybe even why people do the things we do. **In person and via Zoom. Meeting ID: 317 308 3173 Password: Choices**

Out to Lunch Bunch: 2nd Tuesday of every month at 11:30am. To find out where the bunch will be dining, contact the Phoenix Peer Support Center, 519-271-6730 ext. 260 for more details. **Sign-up required by the Friday before this group.**

Inflation Meal: Last Tuesday of each month from 12:00pm—1:00. Come out and join us for a hot meal, only \$4/ serving. Pre-paid cards are available for purchase at the Peer Support Centre. **Signup is required by the Friday before, so we know how many meals to prepare.**

Social Day: 3rd Wednesday of each month. Enjoy meeting new and old friends, and acquaintances over all day free coffee and donuts.

TED Talks™+ : Thursdays 11:00-12:00pm. Ted Talks™+ meets weekly to watch and discuss enlightening, inspirational talks in online forum style. Learn something different each week. **In person and via Zoom. Join Zoom Meeting ID: 317 308 3173 Password: Choices**

Pathways to Recovery: Thursdays 1:30 pm- 3:00pm. A strengths based approach to recovery. Participants will learn how to identify and use their own inner strength, and the strengths in their environment to rebound from difficulties and reclaim a fuller more satisfying life. **In person and via Zoom. Join Zoom Meeting Meeting ID: 317 308 3173 Password: Choices Will resume September 7th, 2023.**

Community Chat: 2nd Thursday of each month 12:00pm—1:00pm. **In person and via Zoom.** (Lunch will be provided after meeting) Community Chat is a venue for receiving updates, planning events, asking questions and/or voicing ideas or concerns. A good time for your voice to be heard. **In person, or via Zoom.**

Join Zoom Meeting Meeting ID: 317 308 3173, Password: Choices

Body Moves: Friday 1:00pm - 2:00pm. Body moves is using low impact yoga techniques to get your body moving. **In person only.**

Headspace™: Friday 2:30pm—3:30pm. A great way to begin the weekend with meditation and quieting your mind. **In person only.**

Euchre: 2nd and 4th Saturday of each month, 12:00-5:00pm. Enjoy an afternoon of friendly Euchre. Free tea and coffee. **In person only.**



Huron Lighthouse Peer Support Activity Group Descriptions

Goderich Bowling: 1st Thursday of each month. Held at Goderich Little Bowl—Bowling Alley, Goderich

Coffee Muggers: Thursday afternoons at 1:30pm. Held at the CMHA HP Seaforth Office, 92 Goderich St., W.,

Goderich Peer Support: Fridays at 1:30pm. Held at the Goderich Office, 52 Newgate St., Goderich

For more information, please call **519-271-6819 | 1.888.261.9350 Ext. 358**



ENTER TO WIN A FREE COFFEE CARD

Complete the word search found on page 11.

Place in the box found outside the staff office at the Peer Community Centre.

Draw for a winner will take place at the

Community Chat meeting in July, and every 3 months going forward.





May 2023



S	MON	TUE	WED	THU	FRI	S
	1 Dealing & Feeling 2 pm	2 MindFood 2:30pm Huron Shared Experience 2:30 pm	3 Leisure Group: Mindful Art @ Phoenix Centre 3 pm	4 TED Talks™+ 11 am Goderich Bowling Goderich Little Bowl 10 am Huron Coffee Muggers 1:30 pm	5 Body Moves 1:00 pm Headspace™ Friday 2:30 pm	6
7	8 Dealing & Feeling 2 pm	9 Out to Lunch Bunch 11:30 am MindFood 2:30 pm Huron Shared Experience 2:30 pm	10 Leisure Group: Bowling @ Mike's Bowling Alley 3 pm	11 TED Talks™+ 11 am Community Chat 12 pm Huron Coffee Muggers 1:30 pm	12 Body Moves 1:00 pm Headspace™ Friday 2:30 pm	13
14	15 Dealing & Feeling 2 pm	16 MindFood 2:30 pm Huron Shared Experience 2:30 pm	17 Social day <i>(free coffee & donuts all day)</i> Volunteer CoP Meeting 10:00am Leisure Group : Knight & Clay Crafts @ Knight & Clay 3 pm	18 Perth Shared Experience 10:00am TED Talks™+ 11 am Huron Coffee Muggers 1:30 pm	19 Body Moves 1:00 pm Headspace™ Friday 2:30pm	20
21	22 CMHA HP Addictions & Mental Health, CLOSED FOR 	23 MindFood 2:30 pm Huron Shared Experience 2:30 pm	24 Leisure Group : Axe Throwing @ Stratford Axes 3 pm	25 Perth Shared Experience 10:00am TED Talks™+ 11 am Huron Coffee Muggers 1:30 pm	26 Body Moves 1:00 pm Headspace™ Friday 2:30pm	27
28	29 Dealing & Feeling 2 pm	30 Inflation Meal 12 :00-1:00pm (\$4.00 / meal) MindFood 2:30 pm Huron Shared Experience 2:30 pm	31 Leisure Group : Mystery Day @ PSC 3 pm			



June 2023

S	MON	TUE	WED	THU	FRI	S
				1 Perth Shared Experience 10 am TED Talks™+ 11 am Goderich Bowling 10 am Huron Coffee Muggers 1:30 pm	2 Body Moves 1 pm Goderich Peer Support 1:30 pm Headspace™ Friday 2:30 pm	3
4	5 Dealing & Feeling 2 pm	6 MindFood 2:30 pm Huron Shared Experience 2:30 pm	7 Leisure Group : Mindful Art @ Phoenix Centre 3 pm	8 Perth Shared Experience 10 am TED Talks™+ 11 am Community Chat 12 pm Huron Coffee Muggers 1:30 pm	9 Body Moves 1:00 pm Goderich Peer Support 1:30 pm Headspace™ Friday 2:30 pm	10
11	12 Dealing & Feeling 2 pm	13 Out to Lunch Bunch 11:30 am MindFood 2:30 pm Huron Shared Experience 2:30 pm	14 Leisure Group: Bowling @ Mike's Bowling Alley 3 pm	15 Perth Shared Experience 10 am TED Talks™+ 11 am Huron Coffee Muggers 1:30 pm	16 Body Moves 1:00 pm Goderich Peer Support 1:30 pm Headspace™ Friday 2:30 pm	17
18	19 Dealing & Feeling 2 pm	20 MindFood 2:30 pm Huron Shared Experience 2:30 pm	21 Social day (free coffee & donuts all day) Volunteer CoP Meeting 10:00am Leisure Group : Crafts @ Knight & Clay 3 pm	22 Perth Shared Experience 10 am TED Talks™+ 11 am Huron Coffee Muggers 1:30 pm	23 Body Moves 1:00 pm Headspace™ Friday 2:30 pm	24
25	26 Dealing & Feeling 2 pm	27 Inflation Meal 12 - 1pm (\$4.00 / meal) MindFood 2:30 pm Huron Shared Experience 2:30 pm	28 The Whys of Addiction 12:00 pm Leisure Group : Axe Throwing @ Stratford Axes 3 pm	29 Perth Shared Experience 10 am TED Talks™+ 11 am Huron Coffee Muggers 1:30 pm	30 Body Moves 1:00 pm Headspace™ Friday 2:30 pm	



Name: _____

“Take pride in how far you’ve come. Have faith in how far you can go. But don’t forget to enjoy the journey.” –Michael Josephson

B I N S P I R E K V W T C O P P O R T U N I T Y
 Z F G O A L S Q G M Z O G P J P C O U R A G E X
 E D U T I T A R G H M D U D W H N O I S S A P O
 E V D V P V Z Q K P I W S E D S S E L R A E F C
 S C S E H U J S A D E T E R M I N E D G T F S W
 S I I U P T U S S W D R I V E N L D L I O S K T
 E T E N Y E S N Y E C N E L L E C X E Q E O S V
 C Y D Q R I N T D Y N K X X Z S V Z I N T I O F
 C G I K O L I D R E F D J Y M K P E I O S I M O
 U N R N Y L C O A B R V N A N Z S P I R L S R C
 S I P Z I F T I E B P S R I A O P X E H I P S U
 Y D N B V C G L T T L T T D K A I P I W C Y E S
 P N A T I H I Z S S A E L A H S V T M T A A I H
 P A B V E E J E J P I L U Y N M H V I O N Q T A
 A T M Y V G B W Z R I M E Q K D E Q Q B I R I R
 H S K E U F R C H D E R I N E U I M U N M V L D
 G T T A L S T I L O E W I T T N Z N O Q C A I W
 V U C R E A T E T H N T O T P A J Z G R N L B O
 P O S I T I V I T Y Y E A P E O E O T T I P I R
 J N O I T A N I G A M I S V M D V L Y F H E S K
 E G D E L W O N K O F P I T I E O T E Z H O S J
 G A V V D R E A M S K G G N Q T L Q P G O Z O U
 I F A K U S T R E N G T H R V E O J J R P M P H
 T R U S T E C N A R E V E S R E P M R I E K H Q

- | | | | | | |
|---------------|--------------|------------|-------------|---------------|-------------|
| ability | achieve | ambition | believe | compassion | courage |
| create | dependable | determined | dreams | driven | empower |
| enjoy | excellence | fearless | focus | goals | gratitude |
| happiness | happy | hard-work | honest | hope | imagination |
| inspire | integrity | kindness | knowledge | life | love |
| memories | motivated | nice | opportunity | optimistic | outstanding |
| passion | perseverance | persist | positivity | possibilities | pride |
| smart | spirited | strength | success | talent | trust |
| understanding | victory | | | | |