

# Mental Health Workshops and Support Groups - Winnipeg

Fall 2009

Fall 2009 calendar of mental health workshops and groups in the following categories:

- Health & Wellness and Personal Development Workshops
- Leisure Groups
- Support Groups
- Cognitive Behavioural Group Programs

## Agency contact information

Canadian Mental Health Association  
Winnipeg Region  
432 Ellice Avenue R3B 1Y4, 982-6100  
[www.cmhawpg.mb.ca](http://www.cmhawpg.mb.ca)

Manitoba Schizophrenia Society  
Suite 100, 4 Fort Street, R3C 1C4,  
786-1616  
[www.mss.mb.ca](http://www.mss.mb.ca)

Anxiety Disorders Association of  
Manitoba, Suite 100, 4 Fort Street,  
R3C 1C4, 925-0600  
[www.adam.mb.ca](http://www.adam.mb.ca)

Mood Disorders Association of  
Manitoba, Suite 100, 4 Fort Street,  
R3C 1C4, 786-0987  
[www.depression.mb.ca](http://www.depression.mb.ca)

Obsessive Compulsive Disorders  
Centre, Manitoba Inc. Suite 100, 4  
Fort Street, R3C 1C4, 942-3331,  
[www.ocdmanitoba.ca](http://www.ocdmanitoba.ca)

Learning & Leisure Program  
YMCA YWCA Winnipeg, LL103–290  
Vaughan Street, R3B 2N8, 989-  
4194, [www.ywinnipeg.ca](http://www.ywinnipeg.ca)

The Eating Disorders Self Help  
Program, CMHA Manitoba Division,  
Suite 100, 4 Fort Street, R3C 1C4,  
953-2358  
[www.manitoba.cmha.ca](http://www.manitoba.cmha.ca)

Partnership for Consumer  
Empowerment, CMHA Manitoba  
Division, Suite 100, 4 Fort Street,  
R3C 1C4, 953-2354  
[www.manitoba.cmha.ca](http://www.manitoba.cmha.ca)

S.P.E.A.K. - Suicide Prevention  
Education Awareness Knowledge  
Suite 100, 4 Fort Street, R3C 1C4,  
831-3610, [www.speak-out.ca](http://www.speak-out.ca)

Women's Health Clinic,  
419 Graham Avenue, 947-1517,  
R3C 0M3  
[www.womenshealthclinic.org](http://www.womenshealthclinic.org)

Information is compiled and edited by the CMHA, Winnipeg Region office - [information@cmhawpg.mb.ca](mailto:information@cmhawpg.mb.ca)  
[www.cmhawpg.mb.ca/winnipegmhgroups.htm](http://www.cmhawpg.mb.ca/winnipegmhgroups.htm)



## **Health & Wellness and Personal Development Workshops**

- **Workshop Name:** **Health and Wellness Series**  
Description: Participants will have an opportunity to increase their personal wellness through awareness and education. Other concepts to be covered include personal accountability, the dynamics of change, personal growth, commitment, and choices.  
Meets: Twice per week  
Fee and Registration: Free – Registration required please call **989-4194**  
Date(s): October 20-29, 2009 – Tuesday, Wednesday, Thursday from 1:00 p.m. to 4:00 p.m.  
Organization: YMCA-YWCA - Learning and Leisure Centre  
Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Communicating in Relationships**  
Description: Participants will explore the components of effective communication, including reflective listening, identifying non-verbal cues, responding with understanding, and using effective problem-solving techniques such as assertiveness and setting boundaries in relationships.  
Meets: Twice per week for 6 weeks (1hour, 45 minutes per session)  
Fee and Registration: Free – Registration required please call **989-4194**  
Date(s): Starts Monday, November 9, 2009 – Mondays & Wednesdays from 1:15 p.m. to 3:00 p.m.  
Organization: YMCA- YWCA – Learning and Leisure Centre  
Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Managing Anger**  
Description: Participants learn that anger management is not the process of avoiding or eliminating anger; rather it is the process of using their self-awareness to make anger work for them rather than against them. The course is designed to increase participants knowledge about anger and concentrates on presenting a variety of skills to help them cope more effectively with anger on a day-to-day basis.  
Meets: Twice per week  
Fee and Registration: Free – Registration required please call **989-4194**  
Date(s): November 10 – December 10, 2009 – Tuesdays and Thursdays from 10:30 a.m. to 12:15 p.m.  
Organization: YMCA-YWCA - Learning and Leisure Centre  
Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Managing Anxiety**  
Description: This course builds on the skills learned in the Managing Stress course by focusing on additional skills specific to self-management of anxiety disorders  
Meets: Twice per week  
Fee and Registration: Free – Registration required please call **989-4194**  
Date(s): November 13 – December 16, 2009 – Wednesday and Friday from 10:30 a.m. to 12:15 p.m.  
Organization: YMCA-YWCA - Learning and Leisure Centre  
Location: LL103 – 290 Vaughan Street

- **Workshop Name:** **Spiritual Journeys**  
 Description: Some of the topics covered are: growing spiritually, values, creativity and wonder, connectedness, life review, and ceremonies.  
 Meets: Twice per week for 6 weeks (1hour, 45 minutes per session)  
 Fee and Registration: Free – Registration required please call **989-4194**  
 Date(s): Starts Tuesday, November 10, 2009 – Tuesdays and Thursdays from 1:15 p.m. to 3:00 p.m.  
 Organization: YMCA- YWCA – Learning and Leisure Centre  
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Inspiring Communities through Recovery Stories**  
 Description: This is an opportunity to develop skills in writing a personal mental health recovery story, learning and practicing public speaking skills, and to share with an audience in the hopes to inspire and reduce stigma.  
 Meets: Once a week, hours flexible.  
 Fee and Registration: Free – Registration required please call **953-2354**  
 Date(s): Call PCE for more information.  
 Organization: Partnership for Consumer Empowerment  
 Location: Canadian Mental Health Association, Manitoba Division  
 100 – 4 Fort Street (FACES)
- **Group Name:** **Making Peace with Food and Your Body**  
 Description: A 10 week support group providing women with an opportunity to share their concerns, gain an understanding of their struggle with weight, and learn ways to feel positive about their bodies and their relationship with food.  
 Fee and Registration: This group is free and confidential – Space is limited. Preliminary interview required. For more information on this support group or to register for an intake appointment please call **947-1517**  
 Date(s): Next group date TBA.  
 Organization: Women’s Health Clinic  
 Location: 419 Graham Avenue

**Leisure/Recreation Groups**

- **Group Name:** **Leisure Groups**  
 Description: Two leisure groups are offered each week that provide opportunities for participants to socialize in a welcoming supportive environment. One of the groups is on Monday evenings and the other is on Friday afternoons.  
 Meets: Call the Learning and Leisure Centre for details.  
 Fee and Registration: Free – Registration required please call **989-4194**  
 Date(s): Ongoing  
 Organization: YMCA-YWCA - Learning and Leisure Centre  
 Location: Various

- Group Name:** **Weekly Adaptive Stretching and Relaxation Exercise Classes**  
 Description: Adaptive yoga and relaxation techniques  
 Meets: Mondays from 6:30 p.m. to 7:30 p.m.  
 Fee and Registration: Free. No registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street (FACES) - Multi-purpose room

**Support Groups**

- Group Name:** **Name That Feeling**  
 Description: Is for children who have a family member with a mental illness (this includes any mental illness). This is a 7 week support group that offers young people 7 years old and up the opportunity to discuss their needs and feelings around living with a family member with a mental illness.  
 Meets: TBA – 7 session program  
 Fee and Registration: Free – Registration required please call **786-1616**  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Women's Program Support Group**  
 Description: Women with any mental illness who share unique needs and challenges of women recovering from mental illness.  
 Meets: Thursdays from 1:30 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Peer Support Group**  
 Description: Mutual support group for men and women with symptoms of schizophrenia, schizo-affective disorder, or psychosis.  
 Meets: Wednesdays from 1:00 to 2:30 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Manitoba Schizophrenia Society Family Support Group**  
 Description: Peer Lead family support group  
 Meets: Fourth Tuesday of every month from 7 p.m. – 9 p.m.  
 Fee and Registration: Free  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)

- **Group Name:** **Strengthening Families Together**  
 Description: An eight session education program for family members and friends of individuals living with psychosis.  
 Meets: TBA – for eight weeks  
 Fee and Registration: Free – Registration required please contact MSS **786-1616**  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Eight Stages of Healing**  
 Description: A ten week program for families and friends of someone with a mental illness and/or a co-occurring disorder.  
 Fee and Registration: Free – Registration required please contact MSS **786-1616**  
 Date(s): Ongoing  
 Organization: Manitoba Schizophrenia Society  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Diagnosis-specific Group – Depression**  
 Description: Peer led support group  
 Meets: Wednesdays from 7:00 p.m. to 9:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Diagnosis-specific Group – Bipolar Affective Disorder (Manic Depression)**  
 Description: Peer led support group  
 Meets: Wednesdays from 7:00 p.m. to 9:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Family & Friends**  
 Description: Peer led support group  
 Meets: Wednesdays from 7:00 p.m. to 9:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: **First** Thursday of each month from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: **PsychHealth Centre (HSC), 771 Bannatyne Avenue, Room PZ - 406**

- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: **Third** Thursday of each month from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: **PsychHealth Centre (HSC), 771 Bannatyne Avenue, Room PX – 235**
- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: Mondays from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street
- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: Thursdays from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street
- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: Sundays from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street
- **Group Name:** **Mixed Group – Open to All**  
 Description: Peer led support group  
 Meets: Tuesdays from 1:00 p.m. to 3:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: **Bethesda Church, 1350 Grant Avenue**
- **Group Name:** **Borderline Personality Disorder**  
 Description: Support group  
 Meets: Wednesdays from 7:00 p.m. to 9:00 p.m.  
 Fee and Registration: Free – Drop in, no registration required  
 Date(s): Ongoing  
 Organization: Mood Disorders Association of Manitoba  
 Location: 100 – 4 Fort Street (FACES)

- **Group Name:** **Adult Support Group**  
 Description: An opportunity for adults with OCD to speak with others who have the disorder  
 Meets: Meets once per month – September to June  
 Fee and Registration: Donation – registration required - call **942-3331**  
 Date(s): October 6<sup>th</sup>, November 3<sup>rd</sup>, December 1<sup>st</sup>, 2009.  
 Organization: Obsessive Compulsive Disorder Centre Manitoba Inc.  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Family and Friends Support Group**  
 Description: For people who care for or live with someone who has OCD. Offers the opportunity to meet with others who are dealing with similar situations to share your feelings and learn from the experience of others.  
 Meets: Meets once per month – September to June. Call **942-3331** for information.  
 Fee and Registration: Donation – Drop in, no registration required.  
 Date(s): September 22<sup>nd</sup>, October 13<sup>th</sup>, November 10<sup>th</sup>, and December 8<sup>th</sup>, 2009.  
 Organization: Obsessive Compulsive Disorder Centre Manitoba Inc.  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Post CBT Support Group (GOAL GROUP)**  
 Description: If you have been through CBT for OCD and would like to continue learning and working on Recovery with others, please contact our office.  
 Meets: Next Goal Group starts September 23<sup>rd</sup>, 2009, 6:30 p.m. – 8:30 p.m.  
 Fee and Registration: Donation – registration required.  
 Date(s): Call **942-3331** for date and time of next group.  
 Organization: Obsessive Compulsive Disorder Centre Manitoba Inc.  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Overcoming Our Eating Disorders Together “A Recovery Support Group”**  
 Description: This group is for adult women who are struggling with eating disorders such as “Disordered Eating,” “Binge Eating or Compulsive Eating,” “Anorexia,” and “Bulimia” and are in the beginning to middle stages of recovery.  
 Fee and Registration: Free - **Intake required** Please call **953-2358** for more information.  
 Date(s): Tuesday (weekly) 6 p.m. – 7:30 p.m.  
 Organization: Canadian Mental Health Association, Manitoba Division  
 Program: Eating Disorders Self Help Program  
 Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Walking Through Recovery Together – An Aftercare & Follow-up Eating Disorders Program**  
 Description: For continued growth, support, reflection, & connection, this program includes a monthly support group and one-to-one support sessions.  
 Fee and Registration: Free – For group or individual support session, call 953-2358.  
 Date(s): 3<sup>rd</sup> Thursday of each month - 6 p.m. – 7:30 p.m.  
 Organization: Canadian Mental Health Association, Manitoba Division  
 Program: Eating Disorders Self Help Program  
 Location: 100 – 4 Fort Street (FACES)

- Group Name:** **Family & Friends Support Group**

Description: An on-going drop in support group for friends and family members affected by a loved one's eating disorder.

Meets: Every 4<sup>th</sup> Tuesday of the month. 7:00 p.m. to 8:30 p.m.

Fee and Registration: Drop In, No registration is required. **953-2358**

Date(s): Ongoing

Organization: Canadian Mental Health Association, Manitoba Division

Program: Eating Disorders Self Help Program

Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Follow-up Support Group**

Description: A follow-up support group for graduates of ADAM programs and those who have had CBT treatment for anxiety in other facilities.

Meets: Weekly

Fee and Registration: Free – Registration required - please call **925-0600**

Date(s): Ongoing – Please contact ADAM for detailed information.

Organization: Anxiety Disorders Association of Manitoba

Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Survivors of Suicide Support Group**

Description: All are welcome – family, friends, etc.

Meets: 7 p.m. – 8:30 p.m. The last Monday of every month (Except December!)

Fee and Registration: Free – no registration required – call 831-3610 for information.

Date(s): September 28th, October 26th, November 30th, and December 14<sup>th</sup>, 2009.

Organization: S.P.E.A.K. - Suicide Prevention Education Awareness Knowledge

Location: Support Group held at Harrow United Church – 955 Mulvey Avenue

### **Cognitive Behavioural Group Programs**

- Group Name:** **Panic Disorder**

Description: The course helps sufferers understand anxiety and develop coping skills to overcome the debilitating effects

Meets: Once per week for 10 two hour sessions – offered as often as possible

Fee and Registration: \$225.00 – Registration, questionnaire, and interview process - please call **925-0600**

Date(s): Ongoing – Please contact ADAM for next available date

Organization: Anxiety Disorders Association of Manitoba

Location: 100 – 4 Fort Street (FACES)
- Group Name:** **Social Anxiety Disorder**

Description: The course helps sufferers understand anxiety and develop coping skills to overcome the debilitating effects

Meets: Once per week for 12 two hour sessions – offered as often as possible

Fee and Registration: \$225.00 – Registration, questionnaire and interview process - please call **925-0600**

Date(s): Ongoing – Please contact ADAM for next available date

Organization: Anxiety Disorders Association of Manitoba

Location: 100 – 4 Fort Street (FACES)

- **Group Name:** **CBT – I Believe in Me: Living with Depression & Bipolar Affective Disorder**  
Description: A 10 Session Cognitive Behaviour Therapy Course  
Fee and Registration: \$50.00, registration is required.  
Date(s): Call **786-0987** to register for upcoming courses.  
Organization: Mood Disorders Association of Manitoba  
Location: 100 – 4 Fort Street (FACES)