

Mental Health Workshops and Support Groups - Winnipeg

Updated: May 2010

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

Manitoba Schizophrenia Society
Suite 100, 4 Fort Street, R3C 1C4,
786-1616
www.mss.mb.ca

Anxiety Disorders Association of
Manitoba, Suite 100, 4 Fort Street,
R3C 1C4, 925-0600
www.adam.mb.ca

Mood Disorders Association of
Manitoba, Suite 100, 4 Fort Street,
R3C 1C4, 786-0987
www.depression.mb.ca

Obsessive Compulsive Disorders
Centre, Manitoba Inc. Suite 100, 4
Fort Street, R3C 1C4, 942-3331,
www.ocdmanitoba.ca

Learning & Leisure Program
YMCA YWCA Winnipeg, LL103–290
Vaughan Street, R3B 2N8, 989-
4194, 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

Partnership for Consumer
Empowerment, CMHA Manitoba
Division, Suite 100, 4 Fort Street,
R3C 1C4, 953-2354
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

Women's Health Clinic,
419 Graham Avenue, 947-1517,
R3C 0M3
www.womenshealthclinic.org

Information is compiled and edited by the CMHA, Winnipeg Region office - information@cmhawpg.mb.ca
www.cmhawpg.mb.ca/winnipegmhgroups.htm



Health & Wellness and Personal Development Workshops

- **Workshop Name:** **Exploring the Journey of Recovery**
Description: Learn about the process of recovery and how it relates to you. Learn about how people make changes and discover where you are on the path to recovery. Receive information on health and wellness and how it applies to daily living.
Fee and Registration: Free – Registration required please call **982-6100**
Orientation Date(s): Tuesday, August 17, 2010 – 1:00 to 4:00 p.m.
Thursday, August 19, 2010 – 1:00 to 4:00 p.m.
Tuesday, August 24, 2010 – 1:00 to 4:00 p.m.
Thursday, August, 26, 2010 – 1:00 to 4:00 p.m.
Organization: Canadian Mental Health Association, Winnipeg Region
Location: Canadian Mental Health Association – Winnipeg Education Centre
1 – 333 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, May 31st – 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): Starts Tuesday, June 1st – 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:** **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, June 1st – 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:** **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): Starts Wednesday, June 2nd – Wednesdays and Fridays 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 (Summer Session 2010)**
 Description: Some of the topics covered are: growing spiritually, values, creativity and wonder, connectedness, life review, and ceremonies.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Monday, July 12, 2010 1:00 p.m. – 4 p.m. and Monday, August 9, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Go For the Gold**
 Description: A lifestyle change workshop. In this skill-building workshop, participants assess current levels of personal planning, learn the benefits of goal-setting, and take first steps toward becoming more productive and reaching personal goals.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Tuesday, July 13, 2010 1:00 p.m. – 4 p.m. and Tuesday, August 10, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Creative Compromise**
 Description: A conflict management workshop. Participants identify stressful conflict situations, explore four conflict prevention skills, and discover and practice alternative approaches for managing conflict.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Wednesday, July 14, 2010 1:00 p.m. – 4 p.m. and Wednesday, August 11, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street

- **Workshop Name:** **Life – It’s Worth Living**
 Description: A self-esteem workshop. Participants explore the role of self-esteem in whole person well-being, assess their self-esteem, and practice the skill of affirming personal strengths.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Thursday, July 15, 2010 1:00 p.m. – 4 p.m. and Thursday, August 12, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Spend Time Where It Counts**
 Description: A time management workshop. Participants analyze time use patterns, distinguish the “A” priorities from “B” and “C” tasks, and learn and begin to practice the important time management skills.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Monday, July 19, 2010 1:00 p.m. – 4 p.m. and Monday, August 16, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **The AAABC’s of Stress**
 Description: A stress management workshop. Participants explore alternatives for dealing with stress, practice applying coping strategies in stressful situations, and implement an effective strategy for dealing with a personal stressor.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Tuesday, July 20, 2010 1:00 p.m. – 4 p.m. and Tuesday, August 17, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street
- **Workshop Name:** **Whole Person Wellness**
 Description: A healthy living workshop. In an exploration of physical, mental, emotional, relational, and spiritual health, participants examine the many aspects of health, appraise their personal well-being, and make conscious decisions about self-care.
 Fee and Registration: Free – Registration required please call **989-4194**
 Date(s): Wednesday, July 21, 2010 1:00 p.m. – 4 p.m. and Wednesday, August 18, 2010 1:00 p.m. – 4 p.m.
 Organization: YMCA- YWCA – Learning and Leisure Centre
 Location: LL103 – 290 Vaughan Street

- Workshop Name:** **Keep Your Cool**

Description: An anger management workshop. Participants explore the potential for violence in relationships, identify skills for managing anger in provocative situations, and develop alternative strategies for dealing with angry feelings.

Fee and Registration: Free – Registration required please call **989-4194**

Date(s): Thursday, July 22, 2010 1:00 p.m. – 4 p.m. and Thursday, August 19, 2010 1:00 p.m. – 4 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)

- Workshop Name:** **Making Peace with Food and Your Body**

Description: A 10 week support group that provides participants with an opportunity to share concerns, gain an understanding of their struggle with weight, and learn ways to feel positive about their bodies and their relationship with food.

Meets: 2010 spring groups are full, currently accepting intakes for fall groups.

Fee and Registration: Free – Registration required please call **947- 2422 ext. 137**

Date(s): 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:** **MDAM Leisure Group**

Description: A leisure group that provides a variety of activities.

Meets: Saturdays from 1:00 p.m. to 3:00 p.m.

Fee and Registration: Free. No registration required

Date(s): Ongoing

Organization: Mood Disorders Association of Manitoba

Location: Varies weekly – call 786-0987 to confirm.

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: Next group – contact the MSS for information.

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 Peer 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 – Drop in, no registration required

Date(s): Ongoing

Organization: Manitoba Schizophrenia Society

Location: 100 – 4 Fort Street (FACES)

- **Group Name:** **Strengthening Families Together**
 Description: An four session education program for family members and friends of individuals living with psychosis.
 Meets: Offered twice per year – Next group April 7th – 28th
 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.
 Meets: Offered twice per year – contact the MSS for information.
 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:** **Schizophrenia Anonymous**
 Description: A self-help support group for people who have schizophrenia.
 Fee and Registration: Free – no registration required
 Date(s): Ongoing – Tuesday afternoons at 1 p.m.
 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:** **MDAM Spiritual Group**
 Description: Support group
 Meets: Fridays from 1:30 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 (FACES)
- **Group Name:** **Adult Support Group**
 Description: An opportunity for adults with OCD only, 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): April 6th, & June 1st, 2010.
 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): April 13th, May 11th, & June 8th, 2010.
 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: Contact the OCD Centre MB for info on next group start date
 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 Weekly 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 recovery process and ready for change.
 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:** **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 4th Thursday 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!) Arrive on time, Minors (under 13) must be accompanied by an parent/guardian.
 Fee and Registration: Free – no registration required – call 831-3610 for information.
 Date(s): March 29th, April 26th, May 31st, & June 28th, 2010
 Organization: S.P.E.A.K. - Suicide Prevention Education Awareness Knowledge
 Location: Support Group held at Harrow United Church – 955 Mulvey Avenue
- **Group Name:** **Making Strides: Survivors of Suicide Bereavement Group**
 Description: Offers support for those who have experienced the death of a family member by suicide.
 Meets: 7:00 p.m. to 9:00 p.m. - Tuesdays.
 Fee and Registration: Free – Call JCFS at 477-7430.
 Date(s): April 27th to June 21st, 2010 (8 weeks)
 Organization: Jewish Child and Family Service
 Location: Asper Jewish Community Campus, 123 Doncaster Street

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:** **Cognitive Behaviour Course – I Believe in Me: Living with Depression & Bipolar Affective Disorder**
Description: A 10 Session Cognitive Behaviour 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)