

Mental Health Workshops and Support Groups - Winnipeg

Updated: December, 2011

Calendar of mental health workshops and groups in the following categories:

- Health & Wellness and Personal Development Workshops
- Leisure Groups
- Support Groups
 - Peer run
 - Agency run
- Cognitive Behavioural Group Programs
- Anger Management Groups
- Bereavement Groups

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



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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, January 10, 2012 – 1:00 to 4:00 pm
Organization: Canadian Mental Health Association, Winnipeg Region
Location: Canadian Mental Health Association – Winnipeg Education Centre
1 – 333 Vaughan Street (www.cmhawpg.mb.ca/ejr.htm)
- Workshop Name:** **Provincial Eating Disorder Prevention and Recovery Program**
Description: All workshops are free and open to women and men ages 16 and older. Clients, community members, families and service providers are welcome to attend.
Meets: A number of workshops will happen between January and April, 2012.
Fee and Registration: Free. Please pre-register by calling **947- 2422 ext.137 (toll free: 1-866-947-1517 ext. 137)** or by e-mail: edprogram@womenshealthclinic.org
Date(s): Please see the Women’s Health Clinic website for a detailed workshop schedule: www.womenshealthclinic.org/eatingdisorders
Organization: Women’s Health Clinic
Location: 419 Graham Avenue
- Workshop Name:** **Your Recovery Journey**
Description: A ten-session course for people living with a mental illness, who would like to explore different aspects of recovery including meaning, management and medication. Working towards their goals of establishing and maintaining wellness. The course uses a variety of formats including video, interactive exercises and structured presentation.
Meets: Contact the MSS for information.
Fee and Registration: Free. Registration required. Please contact MSS **786-1616**.
Date(s): Contact the MSS for information.
Organization: Manitoba Schizophrenia Society (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)

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- Workshop Name:** **Being Me, Being Free**
Description: A program designed for Aboriginal adults over the age of twenty-four. This program addresses the needs of survivors of the Residential Schools Legacy, victims of historical trauma, abuse, domestic violence, and survivors of a loved one's suicide, sudden accidental death, or other traumas and losses. Sessions will address needs including situational stressors, family relations, interpersonal relationships, employee personal concerns, mental health issues, sexuality issues and underlying issues of addictions.
Meets: For more information, please contact the agency.
Fee and Registration: Free – Intake & registration required. Please call **783-2976** or **(877) 423-4648**.
Date(s): Call the Eyaa-Keen Centre for next start date
Organization: Eyaa-Keen Healing Centre Inc. (www.eyaa-keen.org)
Location: Pinewood Lodge, Whiteshell Provincial Park
- Workshop 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 (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)
- 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, flexible hours.
Fee and Registration: Free. Registration required. Please call **953-2354** or email **pcemanitoba@cmhamanitoba.ca**.
Date(s): Contact PCE for more information.
Organization: Partnership for Consumer Empowerment
Location: Canadian Mental Health Association, Manitoba Division
2633 Portage Avenue (www.manitoba.cmha.ca)
- 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: Three times per week for three weeks (2 hours, 15 minutes per session).
Fee and Registration: Free - Registration required. Please call **989-4194**.
Date(s): Starts Tuesday April 3, 2012 – Tuesdays, Wednesdays, & Thursdays from 10:00 am to 12:15 pm.
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: LL103-290 Vaughan Street (www.ywinnipeg.ca)

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- **Workshop Name:** **Positive Attitude Development**
Description: Participants learn that happiness is not based on the way events happen, but rather on the way they are interpreted. Learn to take responsibility for yourself and the outcomes you will experience in life. This course provides tools for participants to turn a negative situation into a positive opportunity – the beginning of change.
Meets: Three times per week for three weeks (2 hours, 15 minutes per session).
Fee and Registration: Free - Registration required. Please call **989-4194**.
Date(s): February 7 - 23, 2012
Time(s): 10:00 a.m. – 12:15 p.m. Tuesdays, Wednesdays, and Thursdays
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: LL103-290 Vaughan Street (www.ywinnipeg.ca)
- **Workshop Name:** **Livin' Better**
Description: Designed to provide individuals with mental health concerns a wellness program that encourages a healthy lifestyle. Livin' Better provides easy to understand nutrition information and simple, economical, health recipes for individuals to try at home, and also give individuals a chance to meet and interact with new people and learn simple physical activities.
Meets: Three times per week for 2 weeks
Fee and Registration: Free – Registration required please call **989-4194**
Date(s): March 6 - 15, 2012 – Tuesdays, Wednesdays, and Thursdays from 1:15 p.m. to 3:30 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.
Fee and Registration: Free - Registration required. Please call **989-4194**.
Meets: Three times per week for three weeks (2 hours, 15 minutes per session).
Date(s): Starts Tuesday January 10, 2012 – Tuesdays, Wednesdays, and Thursdays from 10:00 am to 12:15 pm.
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: LL103-290 Vaughan Street (www.ywinnipeg.ca)
- **Workshop Name:** **Experiencing Recovery**
Description: Participants examine the meaning of recovery, the stages of change and the phases of recovery. The course focuses on themes of hope, personal responsibility, self-advocacy, education, and supportive relationships.
Meets: Three times per week for three weeks (2 hours, 15 minutes per session).
Fee and Registration: Free - Registration required. Please call **989-4194**.
Date(s): April 3 - 19, 2012 – Tuesdays, Wednesdays, and Thursdays from 1:15 p.m. to 3:00 p.m.
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: LL103-290 Vaughan Street

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- **Workshop Name:** **Practical Life Skills**
Description: This course will help participants learn more about themselves and the competencies they possess in many life skills areas including: problem solving, money management, time management, self-awareness, and personal change.
Meets: Three times per week for three weeks (2 hours, 15 minutes per session).
Fee and Registration: Free – Registration required please call **989-4194**
Date(s): Starts Tuesday, January 10, 2012 – Tuesdays, Wednesdays, and Thursdays from 1:15 p.m. to 3:30 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: Three times per week for three weeks (2 hours, 15 minutes per session).
Fee and Registration: Free – Registration required please call **989-4194**
Date(s): Starts Tuesday, February 7, 2012 – Tuesdays, Wednesday, and Thursdays from 1:15 p.m. to 3:30 p.m.
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: LL103 – 290 Vaughan Street

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 group is offered 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. Activity schedules are available at the Centre.
Organization: YMCA-YWCA - Learning and Leisure Centre
Location: Various (www.ywinnipeg.ca)
- **Group Name:** **Mood Disorders Association of Manitoba Leisure Group**
Description: A leisure group that provides a variety of activities.
Meets: Saturdays from 1 pm – 3 pm
Fee and Registration: Free. No registration required.
Date(s): Ongoing.
Organization: Mood Disorders Association of Manitoba (www.depression.mb.ca)
Location: 100 – 4 Fort Street (FACES)

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- **Group Name:** **Mindfulness Meditation Group**
Description: A six week program teaching participants techniques to manage stress, emotions, and anxiety.
Meets: Twice per year
Fee and Registration: Please contact **233-0262** for more information.
Date(s): Contact Youville for next available dates
Organization: Centre Youville Centre (www.youville.ca)
Location: 33 Marion Street

Support Groups

- **Group Name:** **Peer Support Group (Schizophrenia)**
Description: Mutual support group helping men and women living with Schizophrenia through methods of empowerment, education, and recovery.
Meets: Wednesdays from 1:00 pm to 2:30 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Manitoba Schizophrenia Society (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Diagnosis-specific Group – Depression**
Description: Peer led support group
Meets: Wednesdays from 7:00 pm to 9:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Diagnosis-specific Group – Bipolar Affective Disorder (Manic Depression)**
Description: Peer led support group
Meets: Wednesdays from 7:00 pm to 9:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Diagnosis-specific Group - Borderline Personality Disorder**
Description: Support group
Meets: Wednesdays from 7:00 pm to 9:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)

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- **Group Name:** **Post Partum Depression**
Description: Peer led support group
Meets: Fridays from 1:00 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **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 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Manitoba Schizophrenia Society (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Youth Group**
Description: Peer led support group – ages 15 to 25 years of age
Meets: Mondays from 6:00 pm to 7:30 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Mixed Group – Open to All**
Description: Peer led support group
Meets: Sundays from 1:00 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Mixed Group – Open to All**
Description: Peer led support group
Meets: Mondays from 1:00 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Mixed Group – Open to All**
Description: Peer led support group
Meets: Tuesdays from 1:00 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: **Bethesda Church, 1350 Grant Avenue** (www.depression.mb.ca)

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- **Group Name:** **Mixed Group – Open to All**
Description: Peer led support group
Meets: Thursdays from 1:00 pm to 3:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Mood Disorders Association of Manitoba Spiritual Group**
Description: Support group
Meets: Fridays from 1:30 pm to 3:00 pm
Fee and Registration: Free – Drop in, no registration required
Date(s): Ongoing.
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)
- **Group Name:** **Dream Catchers**
Description: Dream Catchers provides safe and therapeutic services to women and transgender individuals transitioning from the sex trade. All information is kept confidential and private. Intakes are scheduled in the fall and spring.
Meets: Weekly
Fee and Registration: Free – Drop in.. Please call **784-4065**.
Date(s): Please contact for more information.
Organization: Klinik Community Health Centre (www.klinik.mb.ca)
Location: 870 Portage Avenue
- **Group Name:** **Transgender Support Group**
Description: Informal gatherings where there are no expectations about gender appearance. The group is intended to offer an opportunity to meet and chat with others who understand what it means to be transgender. Respect is paramount and anything shared is confidential. For more information, please email contact@winnipegtransgendergroup.com or call the RRC at **284-5208**.
Meets: the third Friday of every month from 7:30 pm to 10:00 pm
Fee and Registration: Free – Drop in, no registration required.
Organization: Winnipeg Transgender Group (www.winnipegtransgendergroup.com)
Location: Rainbow Resource Centre, 170 Scott Street
- **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 information on the 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) (www.ocdmanitoba.ca)

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- **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) (www.adam.mb.ca)
- **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 - 13 years of age) 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 (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Manitoba Schizophrenia Society Family Support Group**
Description: Support group for family and friends of those experiencing schizophrenia, schizo-affective disorder, and psychosis.
Meets: Fourth Tuesday of every month from 7:00 p.m. to 9:00 p.m. – meets in Room A.
Fee and Registration: Free. Drop in, no registration required. Call 786-1616 for more information.
Organization: Manitoba Schizophrenia Society (www.mss.mb.ca)
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 and recovering from serious mental illnesses.
Meets: Offered twice per year
Fee and Registration: Free. **Registration required**. Please contact MSS **786-1616**.
Date(s): Call the MB Schizophrenia Society for next start date.
Organization: Manitoba Schizophrenia Society (www.mss.mb.ca)
Location: 100 – 4 Fort Street (FACES)
- **Group Name:** **Family & Friends**
Description: Peer led support group
Meets: Wednesdays from 7:00 pm to 9:00 pm
Fee and Registration: Free. Drop in, no registration required.
Date(s): Ongoing
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)

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- 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): Contact the OCD Centre for information.

Organization: Obsessive Compulsive Disorder Centre Manitoba Inc.

Location: 100 – 4 Fort Street (FACES) (www.ocdmanitoba.ca)

- Group Name:** **Co-Ed Sweat Lodge**

Description: Open to men and women. Sweat Lodge Ceremonies are conducted by Elders, including those on the organization’s Council of Elders as well as those from the community at large. Participants will include those individuals involved in programming, community members, and tourists.

Meets: Every Friday at 6:30 pm and every Saturday at 3:00 pm.

Fee and Registration: Free, Drop-in, no registration required . Please contact Rose at **940-4240** or e-mail her at rthomas@thunderbirdhouse.com.

Date(s): Ongoing

Organization: Circle of Life Thunderbird House

Program: Madoodoson/ Sweat Lodge

Location: 715 Main Street (www.Thunderbirdhouse.com)

- Group Name:** **Cultural Advisors**

Description: The Elders of the Circle of Life Thunderbird House provide spiritual healing and counseling to **groups**, individuals, couples and families.

Meets: No set times

Fee and Registration: Free. Please contact Chrissy at **940-4256**

Date(s): Ongoing

Organization: Circle of Life Thunderbird House

Program:

Location: 715 Main Street (www.Thunderbirdhouse.com)

- 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 required. Please call **925-0600**.

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

Organization: Anxiety Disorders Association of Manitoba (www.adam.mb.ca)

Location: 100 – 4 Fort Street (FACES)

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- **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 (www.adam.mb.ca)
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): Please call **786-0987** to register for upcoming courses.
Organization: Mood Disorders Association of Manitoba
Location: 100 – 4 Fort Street (FACES) (www.depression.mb.ca)

Bereavement Support Programs

- **Group Name:** **Survivors of Suicide Support Group**
Description: All are welcome – family, friends, etc.
Meets: 7 pm – 8:30 pm The last Monday of every month. Arrive on time.
Minors (under 13) must be accompanied by a parent/guardian.
Fee and Registration: Free. No registration required. Call **831-3610** for information.
Date(s): Contact SPEAK for next dates
Organization: S.P.E.A.K. - Suicide Prevention Education Awareness Knowledge
Location: Klinik Community Health Centre, 870 Portage Avenue, room B-12.
(www.speak-out.ca)