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WATERLOO REGION SELF HELP – PEER SUPPORT MARCH 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
	1 Music Hour 11:00 am Curbing Your Inner Fears 1:30 pm	2 Games Group 12:30 pm	3 Wonder-Land 1:00 pm	4	5	6
7	8 Music Hour 11:00 am Curbing Your Inner Fears 1:30 pm	9 Games Group 12:30 pm	10	11	12	13 Weekenders 1:30 pm
14	15 Music Hour 11:00 am Curbing Your Inner Fears 1:30 pm Volunteer Meeting 1:30 pm	16 Games Group 12:30 pm	17 Wonder-Land 1:00 pm	18 Breakfast Club 10:00 am	19	20
21	22 Music Hour 11:00 am Curbing Your Inner Fears 1:30 pm Facilitator Training 3:00 pm	23 Games Group 12:30 pm	24 Activity & Social Club 1:30–3:30 pm	25	26	27 Weekenders 1:30 pm
28	29 Music Hour 11:00 am Curbing Your Inner Fears 1:30 pm	30 Games Group 12:30 pm	31 Wonder-Land 1:00 pm	Daylight Savings Time on March 14th Don't forget to set your clocks forward one hour!		

***When participating in our services all individuals are required to adhere to the code of conduct.**



March 2010 – Peer Support

Please drop in or call us if you would like additional information

Volunteer Meeting: Monthly meeting for volunteers and facilitator's of Self-Help Alliance.

Curbing Your Inner Fears, “Walk the Right Way”: This group provides an opportunity to learn new ways to cope with anxieties, and a place to share your coping techniques with others while learning new ones from the group. Feel free to come and share issues and joys in a non-judgmental setting. We will work together to tackle our fears.

Breakfast Club and Activity and Social Club: This group provides opportunities for individuals to do social activities in the community within a group setting. This month the group will meet on the 18th at 9:30 am at WRSH and then head to the breakfast location from there. The group also meets at WRSH on the 24th at 1:30 pm for an activity.

Week-Enders: *Located at 74 Church Street, Apt 302, Kitchener.* Come and meet friends and neighbours in your community! This group is held every second Saturday of the month (the 13th and 27th). It's an opportunity to come together and talk and share together while enjoying refreshments.

Wonder-Land: This group will support people to explore the ways in which they experience schizophrenia in order to enhance their understanding while also learning new ways to increase their quality of life. This group meets on the 2nd and 4th Wednesdays of each month.

Games Group: Come and enjoy this social time playing games with others.

Health and Happiness Music Hour: This is an opportunity to enjoy music in a friendly setting. Participation is encouraged. Bring your instruments, voice or just come and enjoy. We will meet in the basement level in Meeting Room #3.

Facilitator Training: For those currently facilitating with WRSH or anyone interested in exploring future facilitator opportunities, you're invited to attend a facilitator training session in the Self Help Recovery Centre at 3:00 pm on March 22nd.

