

**Oxford Self**

**Help Hours:**

Monday: 10-4

Tuesday: 10-4

Thursday: 10-4

Friday: 10-4

Saturday: 10-4

*Christmas Lunch*

December 12 @ 12 p.m.

Southgate Center

Cost \$3

Sign up at Reception

*Holiday Wreaths*

December 13

@ 1 p.m.

Sign up

at Reception

*Christmas Shopping Trip*

December 7

Value Village &

White Oaks Mall

Bus Leaving CMHA at 10:30

White Oaks Mall 11-12:30

Value Village 1-3

Sign up at Reception

Cost is \$5

**OXFORD  
SELF HELP**

*December  
2018*

*Christmas Party &  
Gift Exchange*

Thursday, December 20 | 1-3 PM

Join us for festive snacks and jolly fun!

If you would like to participate in the gift exchange, bring a \$5 gender neutral gift. Sign up at reception.

**CHRISTMAS HOURS:**

**CLOSED DEC. 25- JAN. 1**

**REGULAR HOURS RESUME JAN. 2**

**REACHOUT AVAILABLE 24/7 DURING THESE**

**CHRISTMAS HOURS: 1-866-933-2023**

For information on peer support or any of the groups in this newsletter, email [peers@cmhaoxford.on.ca](mailto:peers@cmhaoxford.on.ca) or call 519-539-8055

# MONDAY

## Boundaries and Assertiveness 10:30 a.m.

Last group: December 17

Do you have trouble setting boundaries in your life. Do you sometimes feel like you are being used as a door mat? Learn new strategies on how to be true to yourself. Determine where you end and others begin.

## Schizophrenia Support Group 2-3 p.m.

The goal of this group is to increase one's ability to meet their personal recovery goals by enhancing their self-determination and quality of life. This support group provides fellowship and friendship with others with this illness. Open group, no sign up required.

# TUESDAY

## Men's Hour 10:30 a.m.

Enabling men to talk about their lives and the challenges they face around mental wellness, their sense of purpose, direction and fulfillment.

4th - Brainstorm topics

11th - Assertiveness

18th - Preparation for medical appointments

## Coping with Anxiety 1:00 p.m.

A safe place to come discuss learning new coping skills, meditations and exercises on your journey to managing your anxiety.

## Warmies 10:30 a.m.

A group for knitters and crocheters! Bring your own supplies and receive instruction from a pro!

# WEDNESDAY

## Writer's Cafe 10:00 a.m. - 12:00 p.m.

The Writers' Café focuses on various aspects related to writing, including the following:

- \*Facilitating writing on the computer (including computer literary)
- \*Teaching English and English as a second language
- \*Creative writing (this could include short stories, poems or books)
- \*Resumes and cover letters
- \*Writing stories for Operation Sharing's newsletter, Helping in Unity, OSH newsletter

## Mindfulness Meditation 3:30 p.m.

In Mindfulness Meditation we practice becoming more aware of our thoughts, feelings and body sensations, from moment to moment so that we can learn to be more "present" in our lives. The aim of this practice is to increase awareness so that we can respond to situations with choice rather than react automatically. When we become more "present" in our lives we can enhance our experience of moments of joy and learn to stop ourselves from excessive rumination and worry.

## Co-Dependency Support Group

December 12 6-8:30 p.m.

(2nd Wednesday of each month)

A safe place for people struggling with codependency to share common difficulties in a supportive non-judgmental environment. It is a chance to develop a supportive network and a sense of self-empowerment along with opportunities to learn more about codependency by way of sharing information, experiences and coping strategies. Meeting is OPEN to everyone. No registration required, however if travelling from out of town, calling or emailing to confirm meeting is running is recommended. Contact: Steve: 519-532-6645 or [codependent.wdsk@gmail.com](mailto:codependent.wdsk@gmail.com). **Website:** <https://codependentwdsk.wixsite.com/mysite>

# THURSDAY

## Puzzle Group

10:30 a.m. November 8 & 22

Puzzles provided!

## Games Group 2 p.m. \*NEW DAY\*

Board games, card games and Xbox.

Bring your favourite Xbox game!

Drinks and snacks provided.

## Let's Talk Mental Health 3 p.m.

\* Woodstock Public Library\*

This group is designed to be a safe space to talk about and work on the different struggles involved with maintaining mental health wellness.

December 6 – Getting through the holiday's

December 13 – How to be assertive

December 20 – How to handle criticism

December 27 – On holidays

No Member's Meeting this month!

# FRIDAY

## Social Hub 10 a.m.:

We welcome our friends from WDDS who are so kind to bring coffee and snacks for us to enjoy.

## Choices 10:30 a.m.

Support for anyone trying to make positive changes with their eating and lifestyle. A registered dietitian comes in twice per month to talk about nutrition and diet. The other two meetings focus on setting and reaching personal goals for exercise and healthy eating. Confidentiality is a must. No registration required.

## \*\* Hospital to Home TDM Group 1:30-2:30 p.m.\*\*

Have you recently been admitted to hospital for mental health reasons? Are you finding it hard to transition back into the community? Join us to discuss challenges/ accomplishments since being discharged from the hospital.

\*This is a closed group to TDM Patients/Peers\*

## Caring for the Caregiver

This group is designed to provide people with the forum to talk openly about their struggles with caring for a person with mental illness and to provide hope and support to one another.

Thursday's from 6-7:30 p.m.

## Getting ready for the Holiday's

How to deal with worries, stress, expectations and money during the holidays. We will be looking at different coping strategies for things we can't control and coming up with helpful tools for the holidays.

December 21 at 10:30 a.m.

## ASK DONNA

Did you know? If you are running low on funds and can't afford deodorant, you can use white vinegar to do the job?



For your question to be featured in next months newsletter, please write them down and place them in the box labelled "Questions for Donna."

# INGERSOLL

Tuesday's in December starting at 1 p.m:

4 – Getting ready for the holiday's

11 – Christmas Present Making

18 – Christmas Potluck /Secret Santa (\$5.00 limit)

# TILLSONBURG

Tillsonburg Public Library

Monday's from 10 a.m. - 12 p.m.

December 3: Getting ready for the holiday's

A chance to chat with a peer, receive information and resources about mental health supports in your community.

# December 2018

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday  |
|---|--|---|--|---|
| 3<br>Boundaries & Assertiveness 10:30<br>Schizophrenia Support 2:00<br>Tillsonburg Drop In 10:00-12:00  | 4<br>Men's Hour 10:30<br>Coping with Anxiety 1:00<br>Games Group 2:00  | 5<br>Writer's Cafe 10:00<br>Meditation 3:30                 | 6<br>Euchre 1:00<br>Games Group 2:00<br>Let's Talk Mental Health 3:00 @ Woodstock Library<br>Care for the Caregiver 6:00       | 7<br>Social Hub 10:00<br>Choices 10:30<br>Hospital to Home 1:00<br>Bingo 1:00<br>1:1 Tech Support 10:00<br>London Shopping Trip |
| 10<br>Boundaries & Assertiveness 10:30<br>Schizophrenia Support 2:00<br>Tillsonburg Drop In 10:00-12:00 | 11<br>Men's Hour 10:30<br>Coping with Anxiety 1:00<br>Games Group 2:00 | 12<br>Annual CMHA Christmas Lunch 12:00<br>Southgate Center | 13<br>Euchre 1:00<br>Holiday Wreaths 1:00<br>Let's Talk Mental Health 3:00 @ Woodstock Library<br>Care for the Caregiver 6:00  | 14<br>Social Hub 10:00<br>Choices 10:30<br>Hospital to Home 1:00<br>Bingo 1:00  |
| 17<br>Boundaries & Assertiveness 10:30<br>Schizophrenia Support 2:00<br>Tillsonburg Drop In 10:00-12:00 | 18<br>Men's Hour 10:30<br>Coping with Anxiety 1:00<br>Games Group 2:00 | 19<br>Writer's Cafe 10:00<br>Meditation 3:30                | 20<br>Christmas Party & Gift Exchange 1:00<br>Let's Talk Mental Health 3:00 @ Woodstock Library<br>Care for the Caregiver 6:00 | 21<br>Social Hub 10:00<br>Getting ready for the holiday's 10:30<br>Hospital to Home 1:00<br>Bingo 1:00                          |
| 24<br>Schizophrenia Support 2:00<br>Tillsonburg Drop In 10:00-12:00                                     | 25<br>Closed   | 26<br>Closed  | 27<br>Closed   | 28<br>Closed  |
| 31<br>Closed  | January 1, 2019<br>Closed  | January 2, 2019<br>Office Re-Opens                          | All groups held at the Woodstock CMHA Office unless otherwise noted. Saturday drop-in hours 10-4.                              |   |

**Hope is being able to see that there is light despite all of the darkness. Desmond Tutu**