



**OXFORD
SELF HELP**

FEBRUARY 2019

Are you experiencing difficulties in
your search for employment?
Are you feeling discouraged, rejected
and like you've failed?

Join us for the
**GAINFUL
EMPLOYMENT
WORKSHOP**

A 3-session workshop to give you the tools
you'll need for a more constructive
employment search
Saturday, February 2, 9, 16 @ 10a.m. - 12 p.m.

**OPEN MIC
RETURNS!
THURSDAY
FEBRUARY 14
6-8 P.M.**

Oxford Self Help Hours:

Monday: 10-4

Tuesday: 10-4

Thursday: 10-4

Friday: 10-4

Saturday: 10-4

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



MONDAY

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.

Coping with Anxiety 1:00 p.m. *New Day*

A safe place to come discuss learning new coping skills, meditations and exercises on your journey to managing your anxiety. Please be extra cautious about not wearing scents during this group.

Tuesday

Men's Hour - 10:30am

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

Warmers 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 literacy)
- *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.

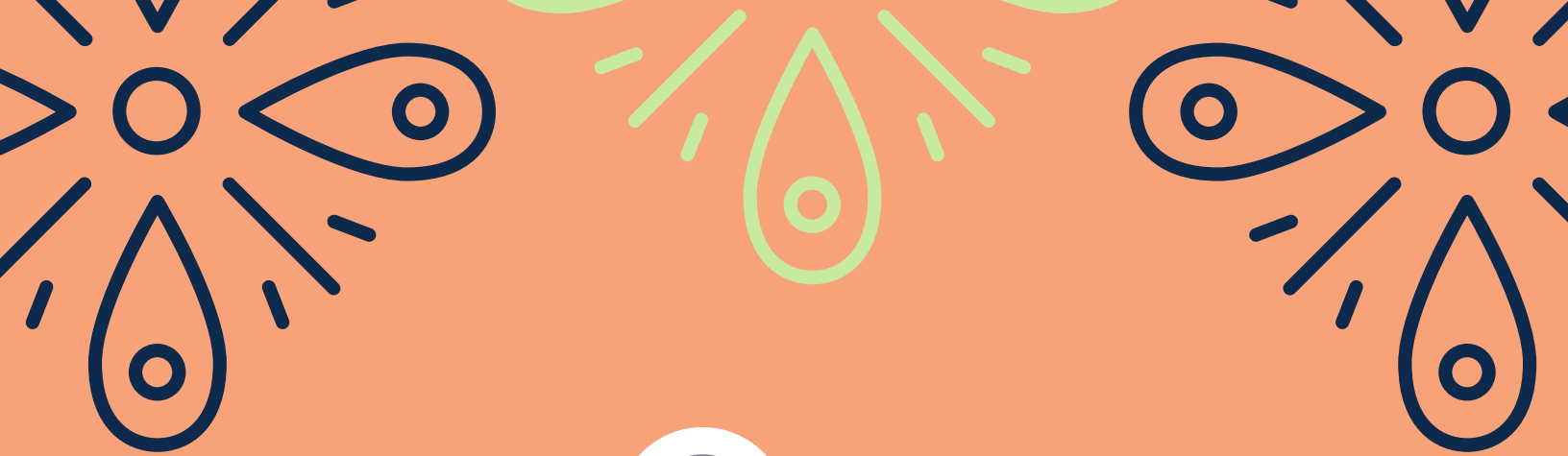
In Mindfulness Meditation we practice becoming more aware of our thoughts, feelings and body sensations, from moment to moment so that we can learn to be more "present" in our lives. The aim of this practice is to increase awareness so that we can respond to situations with choice rather than react automatically. 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 February 13, 2019

A safe place for people struggling with codependency to share difficulties in a non-judgmental environment. Develop a supportive network, a sense of self-empowerment and learn more about codependency by sharing information, experiences and coping strategies. No registration required. Contact Steve: codependent.wdsk@gmail.com. Website: <https://codependentwdsk.wixsite.com/mysite>





THURSDAY

Games Group 2 p.m.

Board games, card games and Xbox.

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.

Feb. 7 - Mental Health Matters

Feb. 14 - Stress and Well-being

Feb. 21 - Social Support

Feb. 28 - Problem Solving

Member's Meeting February 28 at 1 p.m.

Care for the Caregiver February 28 from 6-7:30 p.m.

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. Open group, no registration required.



Friday

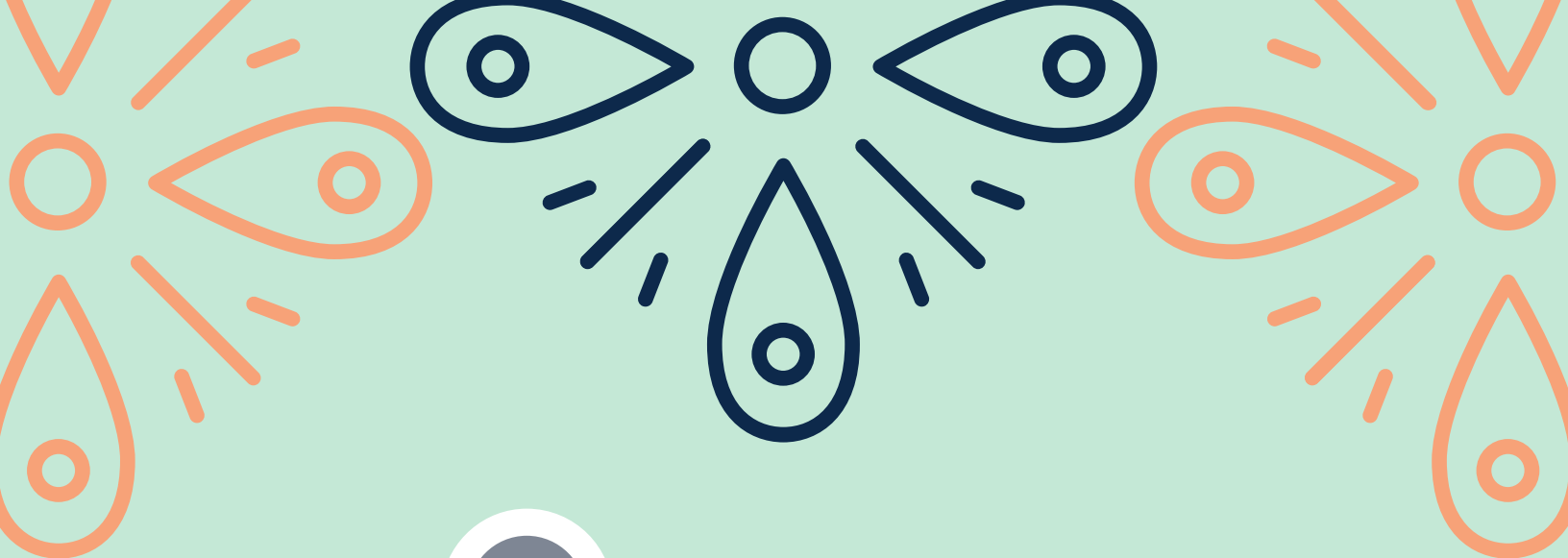
Choices 10:30 a.m.

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



INGERSOLL

Tuesday's 1-3 p.m @ Ingersoll Public Library

February 5 - Coping with Triggers, 2 p.m. - Meditation

February 12 - Relaxation

February 19 - Craft Day & Open Chat

February 26 - Members Meet for Coffee at Tim Horton's 1-2



Tillsonburg

Tillsonburg Public Library Monday's from 10 a.m. - 12 p.m.

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

Feb. 4 - Mental Health Matters

Feb. 11 - Stress and Well-being

Feb. 18 - Social Support

Feb. 25 - Problem Solving



**February 14 @ 1 p.m.
Valentines Day Craft**

Sign Up at Reception

February 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Choices 10:30 Hospital to Home 1:00 Bingo 1:15	2 Gainful Employment 10:00
4 Schizophrenia Support 2:00 Tillsonburg Drop In @ Library 10:00-12:00 Coping with Anxiety 1:00	5 Warmers 10:30 Men's Hour 10:30 Ingersoll Group 1-3:00 Ingersoll Drop In 3-4:00	6 Writer's Cafe 10:00 Meditation 3:30	7 Games Group 2:00 Maintaining Mental Wellness 3:00	8 Choices 10:30 Hospital to Home 1:00 Bingo 1:15	9 Gainful Employment 10:00
11 Schizophrenia Support 2:00 Tillsonburg Drop In @ Library 10:00-12:00 Coping with Anxiety 1:00	12 Warmers 10:30 Men's Hour 10:30 Ingersoll Group 1-3:00 Ingersoll Drop In 3-4:00	13 Writer's Cafe 10:00 Meditation 3:30 Co-Dependency Support Group 6:00	14 Valentine's Day Craft 1:00 Games Group 2:00 Maintaining Mental Wellness 3:00 OPEN MIC NIGHT 6-8 p.m.	15 Choices 10:30 Hospital to Home 1:00 Bingo 1:15	16 Gainful Employment 10:00
18 CLOSED Family Day	19 Warmers 10:30 Men's Hour 10:30 Ingersoll Group 1-3:00 Ingersoll Drop In 3-4:00	20 Writer's Cafe 10:00 Meditation 3:30	21 Games Group 2:00 Maintaining Mental Wellness 3:00	22 Choices 10:30 Hospital to Home 1:00 Bingo 1:15	23
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