



Canadian Mental
Health Association
Waterloo Wellington



SELF HELP &
PEER SUPPORT

South Asian Wellness Group

Drop-In group now available to attend every
Thursday from 3:00pm to 4:30pm

With a South Asian Peer Facilitator fluent in Punjabi, Hindi and Urdu, this group will focus on coping, recovery, and fostering hope from a South Asian lens. This group is a regular opportunity to talk about how we deal with stress and worry, to share our stories of hope and struggle, and to learn ways to live the life we want everyday. This group is intended for folks who identify as South Asian to connect and build community with one another.

ALL Self Help & Peer Support groups are open to adults living in Waterloo Wellington communities who identify as living with mental health or/and substance use issues.

To join this group or if you have questions about it, please send us an email:
selfhelpgroup@cmhaww.ca

Drop-in groups focus on connection with others, sharing skills and strategies by providing peer support to each other. No information about participants is required and no attendance is tracked. Participation is anonymous and folks attend the group as often as they desire.



In the event that we need to cancel a group session, it will be posted here:
facebook.com/selfhelppeersupport and on our Group Cancellation line at
1-844-CMHA WW3 (1-844-264-2993) Ext. 4004.