



COME-TOGETHER Events for DECEMBER 2019!!

Monday	Tuesday	Wednesday	Thursday	Friday
2 Self Help and Education! Getting through the Holidays 7pm at the Centre. DND-1:15pm Riverview School (Closed Group)	3 Christmas Tree decorating Riverview School Office 4:30pm 650 Coteau St East	4 2pm Coffee with Les - Evolve Coffee Shop	5 Service Canada Presentation 1pm 650 Coteau St East Aspergers Peer Support Group Come Together - Original Group- 7pm Connects Centre	6
9 Movie Night 7pm at the Connects Centre DND-1:15pm Riverview School (Closed Group)	10 Painting! 4:30pm at Riverview School	11	12 Coffee Night at Houston Pizza- 7pm. First Beverage is on us!	13
16 DND-1:15pm Riverview School (Closed Group) SPARKLE TOUR and Coffee 7pm- Meet at the Centre	17 Playing Pool at Dooly's. Our private pool table is free. We buy our own food and drinks. Starts: 430pm	18	19 No Group	20
23 CLOSED FOR THE HOLIDAYS	24 CHRISTMAS EVE CLOSED	25 CHRISTMAS DAY CLOSED	26 CLOSED FOR THE HOLIDAYS	27 CLOSED FOR THE HOLIDAYS Until January 6th, 2020





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One on One Peer Support

If you need to talk to someone in a confidential environment, CMHA offers one on one peer support. Our Peer Supporters are people with lived experience, who have received specialized training to support individuals in their recovery journey. One on one peer support is offered through meetings in the community or phone calls between you and one of our trained Peer Supporters.

Come Together – Peer Support Groups

Cheers to Peers! CMHA's Come Together peer support groups can be a great place to make friends. Many people who join the group are going through similar experiences and trying to find ways to reach out and connect with other people. Events are posted on our monthly calendar. Everyone is welcome!

1. Rides to groups can be arranged by calling or texting (306) 513-7801 or calling the CMHA office at (306)692-4240. Please leave a message.
2. The Connects Centre is located at 250 Manitoba St. East.
3. For additional information about our programs please contact us between Monday and Friday:

CMHA Office - (306) 692-4240 (if we are not in, please leave a message and we will return your call as soon as possible)

Dungeons and Dragons (DND)

Dungeons and Dragons game facilitated by a Peer Supporter. This is a closed group and you must register. Please call 306-692-4240 or e-mail mjbranch@cmhask.com for more information.

Asperger's Peer Support Group

The Aspergers peer support group meets at the Public Library at 7pm on the first Thursday of every month (except during summer). For more information call 306-692-4240.

OSI-CAN Peer Support Group

OSI-CAN hosts weekly peer support groups for those experiencing OSI (Occupational Stress Injury) and PTSD (Post-Traumatic Stress Disorder) every Wednesday at 7pm. For more information please contact Jeremie at 306-681-3987 or email mygemtree@gmail.com.





COME TOGETHER GROUP RULES

1. What is said here stays here.
2. We share feelings and experiences, we try not to give advice.
3. We share responsibility to make this group work.
4. We accept people just as they are now.
5. We give everyone an opportunity to share.
6. We have the right to speak and the right to remain silent.
7. We give supportive attention to the speaker, we avoid side conversations and interrupting while someone is speaking to the group.
8. If we need to take a phone call, we step out of the room, so that we do not disturb the group.
9. We have the right to ask questions and the right not to answer.
10. We show respect through our behaviours, this includes respecting differences and beliefs.
11. We don't gossip about others.
12. We have fun and use humor.





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PUBLIC EVENTS IN DECEMBER

If you're looking for something to do, and the Come Together group is not meeting up that day. Here are a few things going on in the city this month.

Dec1- **Santa Claus Parade-** Main St. -6pm-8pm

Holiday Kick off at the Town N Country Mall - pop-up vendors, mall decorations, entertainment and a grand arrival of Santa Clause!

Dec 7 - **Crafting with Mrs. Clause-** Moose Jaw Public Library -2pm-4pm

Family Movie- Spider Man Far From Home- Moose Jaw Public Library- 2:30pm-4:30pm

Holiday Edition Makers Market- St. Aidan's Anglican Church- 10am-4pm

Dec 14- **Family Movie- The Muppet Christmas Carol** - Moose Jaw Public Library - 2:30pm-4:30pm

Dec 15- **Winter Market at Timothy Eaton Centre-** Baking, art, crafts, metal works, jewellery, soap, home decor, sensory toys, baby items, dog treats, liquor, music and more! 10am-2pm

Dec 17- **Holiday Train** - 3 Manitoba St. West, west of CP Station - 7:45pm-8:30pm

Dec 18- **Family Movie- The Nightmare Before Christmas-** Moose Jaw Public Library- 6:30-8:30pm

St. Andrews Christmas Market- St. Andrews United Church- 10:56am

Dec 19- **Thrifty Thursday Sale- Rainbow Retro-** 30% off all second hand merchandise-10am-6pm

Dec 28- **Winter Wagon Rides- Wakamow Valley-** suggested \$2 donation- 1pm-4pm



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DECEMBER WEEKLY PUBLIC EVENTS

Public Free Swim every Friday!

7:30pm to 9:15pm.
Kinsmen Sportsplex

Meditation at the Public Library

Every Thursday
12:10-12:50pm

Magic the Gathering at the Public Library

What is Magic? *Magic the Gathering* is an interactive fantasy card-game. In the game you battle other players using everything at your disposal, including spells, enchantments, and powerful creatures!

Wednesdays - 6:30-8:30 pm

Avid Knitters at the Public Library

Are you an avid knitter or a common crocheter? Join us every other Tuesday and visit with other yarn enthusiasts while learning some new tricks of the trade. Whether you are a beginner or experienced, all are welcome. Grab some needles and join us for good times, fun and spools of friendship.

Every Other Tuesday-2:00 pm

