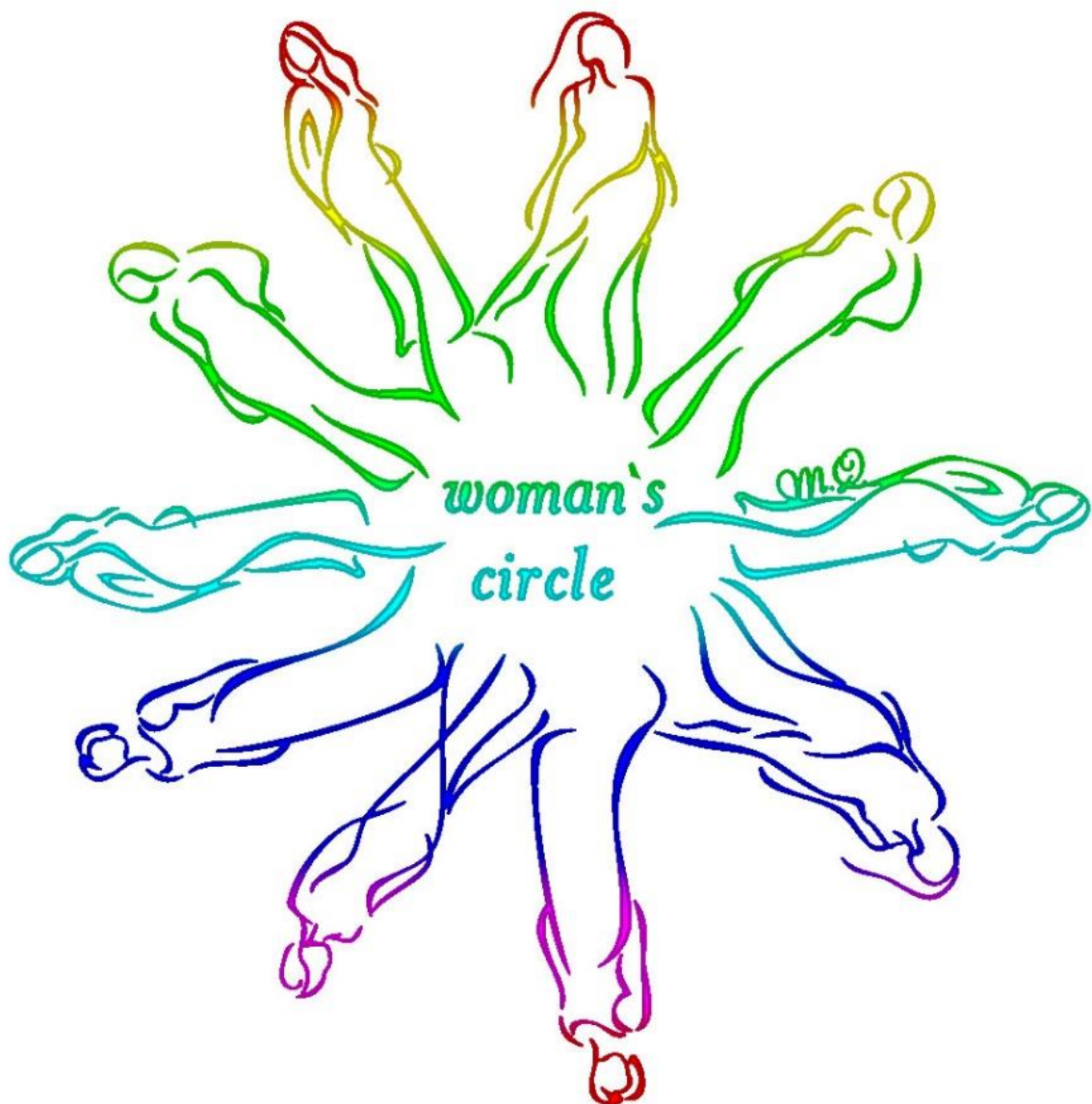




Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services

Woman's Circle Meditations

2nd Edition



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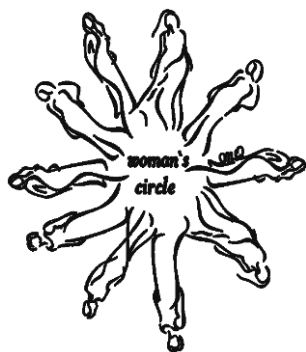
Woman's Circle

Vision

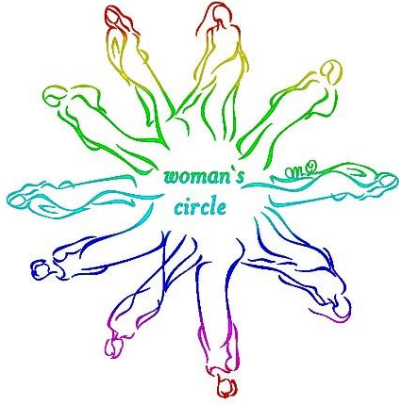
“A world where all those who identify as Women are valued in that experience, unique, kind, wise in advocating for positive change. Creating belonging and sisterhood through conversations coupled with fierce self-compassion, oneness through and beyond recovery.”

Mission

“The Women's Circle of CMHA-Grey Bruce, promotes balance, wellness and positive mental health for all Women. We celebrate with one another in lifting our sisters in resilience and recovery. We honor the intersections of Women's experiences and seek to further empower Women through mentorship, sisterhood, and Red Tent theoretical concepts which foster circular leadership. We encourage, empower, and provide safe agency for all Women to come We encourage, empower, and provide safe agency for all Women to come together in unity through community, advocacy, and knowledge sharing”



Canadian Mental
Health Association
Grey Bruce
Mental Health and Addiction Services



Woman's Circle Comfort Agreement

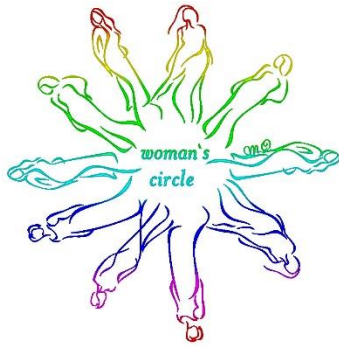
(Revised January 14, 2022)

I agree to support myself in this group by....

- **When meditation ends admittance to zoom meeting will cease**
- **When others are speaking, we agree to mute ourselves until we wish to speak. As needed.**
- **If we feel overwhelmed, we support ourselves by stepping away for a minute. And to let group know "I'm ok, just need a minute."**
- **Needing to stand, periodically.**
- **Confidentiality IS an expectation of group participation; except when an individual's personal safety or safety of others is in question.**
- **If answering a phone call can quickly excuse self, mute and stop video.**
- **Some conversations may be triggering for others please be cautious how we phrase things.**
- **Be respectful of everyone's time and allow all to speak.**
- **To attend zoom meetings, you must be in a space that is private/confidential.**

- If you are going to move locations during the zoom, please mute audio/turn off video while you are mobile and turn back on when you resettle.
- Please refrain from laying down, if possible, if not take your video off as this may be distracting for others.
- Whenever possible please leave camera on except in those circumstances already mentioned, or when circumstances do not allow for this (i.e. if no video camera).
- To be aware that my behaviour, demeanor, words and actions can have a lasting affect on participants both positively and negatively.

If there are those in **crisis**, they agree to inform the facilitator that they are in crisis by chat message and discontinue their participation in the live group and connect with their healthcare provider, their peer support worker or end the call and connect with the mental health crisis line at **1-877-470-5200** If, you are not at the meeting please do not join via video link due to others who may be traumatized by this method of connection.



Personal Bill of Rights

(Revised Dec 2021)

I have the right to ask for what I want.

I have the right to say no to requests or demands I cannot meet

I have the right to change my mind

I have the right to make mistakes and don't have to be perfect

I have the right to follow my own values and standards

I have the right to express all of my feelings, both positive and negative, in a manner that will not harm others

I have the right to say no to anything when I feel I am not ready, it is unsafe, or it violates my values

I have the right to feel angry and to express my anger in a responsible manner

I have the right to be uniquely myself

I have the right to feel scared and say, "I'm afraid"

I have the right to say, "I don't know"

I have the right to make decisions based on my feelings, beliefs and values

I have the right to my own reality

I have the right to my own need for personal space and time

I have the right to be playful and frivolous

I have the right to be healthy

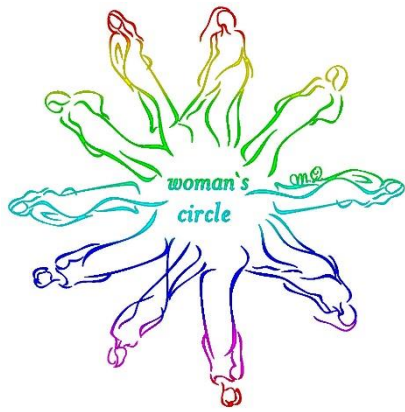
I have the right to be in a non-abusive environment

I have the right to change and grow

I have the right to be treated with dignity and respect

I have the right to have my needs and wants respected by others

I have the right to be happy



The Core Values of Peer Support

Hope and Recovery

Acknowledging the power of hope and the positive impact that comes from the recovery approach

Self-Determination

Having faith that each person intrinsically knows which path towards recovery is most suitable for them and their needs, noting that it is the peer's choice whether to become involved in a peer support relationship

Health & Wellness

Acknowledging all aspects of a healthy and full life

Empathetic & Equal Relationships

Noting that the peer support relationship and all involved can benefit from the reciprocity and better understanding that comes from similar experience
(common threads of connection)

Dignity, Respect & Social inclusion

Acknowledging the intrinsic worth of all individuals, whatever their background, preferences or situation

Integrity, Authenticity & Trust

Noting the confidentiality, reliability and ethical behaviour are honoured in each
and every interaction

Lifelong Learning & Personal Growth

Acknowledging the value of learning, changing and developing new perspectives
for all individuals

Source: Mental Health Commission of Canada. (2013). Guidelines for the Practice
and Training of Peer Support.

Amber's Recovery Journey

My Black and White World

My Black and White World is full of shadows and sorrows

I am living in the fear of the unknown

I can control everything

Because chaos will ensue if I decline

Suicide sometimes feels like the answer

I feel too much hurt and pain to move forward

As I hide from the world and everything it involves.

I see shadows and pain in the future and past

Is there any hope for me?

Written by Amber Phillips

My World

One day I started to see a glimmer of light in my black and white world

It was scary and odd phenomenon that comes and goes

I cautiously went tree to tree; rock to rock; to try to take a closer look at this light

Somewhere in my body I felt warmth which was scary in itself since it has always
been dark and cold

I could not handle this feeling of warmth, so I retreated into my black and white
world.

It took some time to gather the strength and courage to go back there again
I crept behind a tree and made sure no one was there or had followed me
I shielded my eyes and my heart as I stepped into the light
I wanted to runaway but struggled to remain as my body was filled with warmth
and light
With this warmth I felt a strange emotion which was foreign to me
As I just lived in a black and white world
The colours were so vibrant in this forest of colour and light
I stood there in awe
I wondered is this really what life is all about?
Am I supposed to try to find my way through a black and white world to the forest
of colour and light?
To actually accept my past; to live my life to the fullest potential whatever that
maybe
And to trust and believe in myself that I can handle any obstacles that occurs in
my journey in the forest of colour and light
To finally allow myself to feel happiness without regret
I believe this warmth and feeling will help me get past the hurt and sorrow that I
felt in the black and white world
Only then I will be able to fill my heart with true happiness which in turn will
inspire my dreams
As I continue with my journey through the forest of colour and light

Written by Amber Phillips

Courage: Don't Give Up the Fight

As you breathe, notice your breath. Notice the way it flows in, and the way it flows out. Let the rhythm of it settle you, the way rain settles the dust of a blustery day. Breathe in, breathe out. Breathe.

Perhaps you are having a bit of blustery day, or perhaps it has been a blustery month. Maybe it has been a blustery decade.

That is alright. The wind will blow, the clouds will form, the rain will fall, and the dust will settle.

You, my friend, will settle as well as you breathe. Breathe in, breathe out. Settle.

Along your dusty, blustery path, there have also been moments of sun. Times when life had a silver lining, a sigh of relief, a moment of triumph. Find a moment in your life when you felt the elation of triumph.

Do not worry about big or small, impressive, or overshadowed. Think triumph. Victory. A moment when you knew in your very core that you had succeeded in doing something worthwhile.

A moment when you knew that your rain would come and your dust would settle.

Find your moment, and think on it for a little time. Think of the way you hoped and dreamed. The way you worked.

Your moment might have lasted for a day, or it might have lasted for a second. But for at least that second, you tasted victory.

Feel again how that victory felt. Did your heart rush, or your stomach flip? Did you feel so elated that you could have burst?

Or was it a soft sort of euphoria? A weight off your shoulders, an ease in your breath and your step?

Feel it again, that happy, serene, wonderful moment. Embrace the way it changes the way you feel physically as well as emotionally. You know how it feels now as surely as you knew how it felt then.

This triumph, this victory, this celebration of achievement is part of you forever.

Focus on your triumph for a little longer, and when you are ready, return your attention to your breath. To the settling of your mind, the settling of your heart.

Whatever winds arise to stir the dust in your world, you have felt the rain. That rain is part of you now, and so is the sun that comes after.

Your path is not easy, with all its wind and clouds. But it is your path, and the rain is yours too.

As you breathe, remember your goals and the reasons you made them. While you cannot always control your storms, you can always create goals to guide you forward.

Think on this for a moment. On the direction you want to go and the goals that will bring you there, that will bring the rain.

You have felt the rain before. You will feel the rain again. It is part of you.

Breathe, breathe, settle, and awake.

Copied from: <https://lightthedark.com/guided-meditation-for-courage>

Daily Acceptance Prayer

Author Unknown

I accept myself completely.

I accept my strengths and my weaknesses,
my gifts and my shortcomings,
my good points and my faults.

I accept myself completely as a human being.

I accept that I am here to learn and grow,
and I accept that I am learning and growing.

I accept the personality I've developed, and
I accept my power to heal and change.

I accept myself without condition or reservation.

I accept that the core of my being is goodness
and that my essence is love,
and I accept that I sometimes forget that.

I accept myself completely, and in this acceptance

I find an ever-deepening inner strength.

From this place of strength, I accept my life fully and
I open to the lessons it offers me today.

I accept that within my mind are both fear and love,
and I accept my power to choose which I will experience as real.
I recognize that I experience only the results of my own choices.

I accept the times that I choose fear
as part of my learning and healing process, and
I accept that I have the potential and power
in any moment to choose love instead.

I accept mistakes as a part of growth,

so I am always willing to forgive myself and
give myself another chance.

I accept that my life is the expression of my thought,
and I commit myself to aligning my thoughts
more and more each day with the Thought of Love.
I accept that I am an expression of this Love.
Love's hands and voice and heart on earth.

I accept my own life as a blessing and a gift.
My heart is open to receive, and I am deeply grateful.
May I always share the gifts that I receive
fully, freely, and with joy.

Copied from: <http://www.inspirationpeak.com/cgi-bin/poetry.cgi?record=143>

Healing Your Inner Child Meditation

Script

This particular guided meditation depends more on feeling safe and comfortable, than feeling alert. So, take a moment to get physically comfortable sitting or even lying down, with pillows and blankets.

Turn off any beeping or buzzing devices, so you have some uninterrupted quiet time for the practice.

Take five deep slow breaths, relaxing a little more with each outbreath.

Now let a current upset or challenge come into your mind. Let the thoughts and emotions that usually accompany the situation arise freely. Take your time and keep breathing.

Gently scan your body and notice any areas where this old upset is manifesting, like tension in your jaw or your stomach.

If the upset seems to intensify when you do this, that's ok. Come back and focus on your breath for a moment. Know there's nothing you need to do, but listen as compassionately as you can.

As you listen, you can actively ask a question like, "What is it that you're feeling right now?" Or, "I'm just going to stay here with you, OK?" Or, "Is there something you want or need right now?"

Listen carefully for a response to your genuine interest and love. It might be verbal, like "I'm mad!" or "No one cares about me." Or, it may be energetic: you notice a feeling of anger or a feeling of emptiness and loneliness. Emotion and body sensations may be the only language your inner child has. So, do your best to listen with your whole awareness, staying grounded in your adult self who is safe and resourceful. If you start to feel upset yourself, come back to your breath again and use your senses to connect with the present moment.

If you notice you are getting into your adult mind, interpreting or thinking about what is happening. Pay attention again to your body: feel your hands and feet,

the surface underneath you. Reconnecting with the physical sensations of the moment will let you go of needing to “figure things out.”

Keep listening to your inner child. Ask questions if it feels appropriate, but don't grill them. Go at their pace, not yours. If, like many of us, you have not always been a good listener of your inner child's needs, it may take a while for her or him to open up to you. This may be the reason your inner child's feelings have remained unresolved. Use this opportunity to create a new, loving pathway to all parts of yourself.

When your child shares a feeling with you, validate it. Tell them and let them feel that you understand how they feel.

If they tell you what they need or want—like being held—do that for them. Or, if they say they are lonely, tell them you love them and you're always there. Meet their need fully and for as long as they want to take it in. Let them decide when it's enough.

Cycle through these periods for as long as you wish: listening, asking, validating and responding with love.

Before you finish, let your inner child know you are almost done, but you will be there any time they need. Ask if there is anything else they want to tell you.

Do a final scan of your body for places of relaxation or release. What has happened to any areas of tension you noticed at the beginning?

Finish with a few deep, breaths.

Copied from: <https://www.brainwavereview.com/inner-child-guided-meditation-free-inner-child-meditation-script/>

Let Whatever You Do Today Be Enough

Let whatever you do today be enough. Let go of the judgement you have about what you should be or could be doing, and today, allow yourself to simply be. Comparing yourself and your journey may be habitual, but it gets you nowhere. It makes you feel worse and it keeps you stuck. So stop fixating on where everyone else is, and start giving yourself permission to be exactly where you are. Quiet the voice telling you to do more and be more, and trust that in this moment, who you are, where you are at, and what you are doing is enough. You will get to where you need to be in your own time. Until then, breathe. Breathe and be patient with yourself and your process. You are doing the best you can to cope and survive amid your struggles, and that's all you can ask of yourself. It's enough. You are enough. – Daniell Koepke

Quoted from: <https://soulworkstherapies.com/you-are-enough/>

Letting Go

Your life is filled with too much business, too much hurry, too much stress. Just for a moment, let go of all that.

There are too many machines vying for your attention with rings, beeps, blinks, flags, and badges. Just for a moment, turn them all off and put them away.

Your body is tense with too much caffeine, too much anxiety, too much sense that you have to move, move, move. Just for a moment, let go of all that and sit quietly.

Emotions move through your body, each seeming crucial and compelling. But these emotions are simply some physical sensations. You don't need to do anything about them right now. Just for a moment, let them be.

Thoughts rattle around in your head, in a never-ending stream of words. But these thoughts are nothing but some sounds in your mind. You don't need to do anything about them right now. Just for a moment, let them be.

There is an urgent sense that you must do something, that there are actions to take. But you will be able to get things done in a little while. You don't need to do anything about them right now. Just for a moment, let them be.

If anything else arises in your experience, that too is just some content. You don't need to do anything about that right now. Just for a moment, let it be.

If any insights, visions, feelings, communications, memories, or other experiences arise, that's fine. That is just some content. You don't need to do anything about that right now. Just for a moment, let it be.

If at any point you feel like you're doing something on purpose, just let that be.

Let it be.

Author: Michael W. Taft

Copied from: <https://dharmacrafts.com/blogs/news/9-transformative-meditation-scripts-for-overcoming-life-s-challenges>

Nature's Lessons: Spring Meditation

As the world awakens from its peaceful Winter's slumber as Spring slowly reveals herself in subtle ways like when the temperature fluctuates above and below freezing, the snow melting, the spring bulbs that are just poking through the ground and the Robins are back. The simple things that bring the beauty to the processes of resiliency, regrowth, and perseverance that our world goes through every Spring despite how cold, hard, and snowy the Winter was. And that you can always look to nature for Life's Teachings to inspire you as you walk along your Life's Path.

Spring always finds a way to announce its presence to you like when the temperature goes above freezing during the day and below freezing at night. This magic combination makes amazing things happen every year without fail. The sap in the Sugar Maples will run and the Sugar Bushes can produce Maple syrup although the length of the season does vary from year to year the running of the sap never fails. It shows the amount of trust and faith you can have in Mother Nature or something that you can not explain or see and to know that it will never let you down is something truly awe inspiring. You can truly appreciate the moments you have because you will never know how long you will experience them although when they go you know in your heart that in time you will experience it again as you walk on your Life's Path.

Also In the early Spring, the snow doesn't look like it is melting, if you step back and look at the slush, the puddles and the ice flowing out of the mouth of the Saugeen River proves that there is snow melting despite the mounds of snow you

still see around you. In essence if you only look at life's big picture be it goals or challenges you may get discouraged or overwhelmed with what you are seeing and if you refocus and look at the small things you will start to know that change is really happening.

The strength, perseverance, and resiliency that the Snowdrops and other Spring bulbs have to survive through Winter conditions for months but it becomes very apparent in the Springtime. This is especially true as bulbs push through newly thawed ground in gardens despite being still surrounded by clumps of snow and cold temperatures at night. Just knowing there are signs of life around you can give you hope knowing there are better things to come can be comforting. This teaches us to have patience as the bulbs continue to grow and eventually flower and bloom showing their inner beauty. Sometimes you need strength and patience to see things through in life which in turn cultivates resiliency and perseverance as you walk down your Life's Path.

Robins are one of the first birds that come back in the Spring and the first to leave in the Fall. They must be self reliant and persevere to find last years berries to survive until the ground thaws enough so they can feed on worms later in the season. Everything is interconnected like a spider web, and you may not realize the impact you may have on a person or situation until hours, days, months or even years later or you may realize it when it is too late. Be aware of your actions or inactions which will have an impact on yourself, others around you, and the world around you also.

Life will always find a way through regrowth, perseverance, and resiliency especially as the seasons are transitioning one to the next. We need to take a

moment to appreciate the beauty and magic of these and other teachings and realize we are all connected in some way as we walk down our Life's Path.

Miigwetch

Written by Amber Phillips

March 18, 2022

Tree Analogy by Tyler Perry : The Leaf , Branch and Root People

LEAF PEOPLE

Some people come into your life and they are like leaves on a tree. They are only there for a season. You can't depend on them or count on them because they are weak and only there to give you shade. Like leaves, they are there to take what they need and as soon as it gets cold or a wind blows in your life they are gone. You can't be angry at them, it's just who they are.

BRANCH PEOPLE

There are some people who come into your life and they are like branches on a tree. They are stronger than leaves, but you have to be careful with them. They will stick around through most seasons, but if you go through a storm or two in your life it's possible that you could lose them. Most times they break away when it's tough. Although they are stronger than leaves, you have to test them out before you run out there and put all your weight on them. In most cases they can't handle too much weight. But again, you can't be mad with them, it's just who they are.

ROOT PEOPLE

If you can find some people in your life who are like the roots of a tree then you have found something special. Like the roots of a tree, they are hard to find because they are not trying to be seen. Their only job is to hold you up and help you live a strong and healthy life. If you thrive, they are happy. They stay low key and don't let the world know that they are there. And if you go through an awful storm they will hold you up. Their job is to hold you up, come what may, and to nourish you, feed you and water you.

Just as a tree has many limbs and many leaves, there are few roots. Look at your own life. How many leaves, branches and roots do you have? What are you in other people's lives?

Copied from: <https://dontgiveupworld.com/tree-analogy-by-tyler-perry-the-leaf-branch-and-root-people/>

Unknown Battle

We are still humans despite our delusions

We are strong from the constant battle we have in our minds each and
everyday without pause

We are able to love despite the emotional walls we build around
ourselves too prevent us from getting hurt

We are able to control ourselves and not all of us are violent or sinister
like what the movies portray us to be

We may be loud despite our best intentions to be quiet

We may see things that are not there but please believe us that we
could be truly scared even though you know that there is nothing there
to be scared of

We may not look like we feel emotions or are "flat" sometimes its from
the side effects of the meds we take to keep us well

We can still express ourselves but please be patience with us our
thought process could be jumbled, or we will be slow to respond to
your comments or to express an idea

We can communicate in other ways but not always through words

We are able to be vulnerable despite the strong front we put on each
and every day

We are to be admired for the courage that took us to ask for help and
to some who are able to stand up against the prejudice & stigma
society can place on us as a whole.

Amber Phillips

Waterfall Meditation Script

by Brad Austen

I want you to visualize yourself walking down a golden path. There are trees and bushes on both sides of the path. You hear the sounds of birds singing in the trees. The sun is shining on your skin and you feel at peace. As you continue to walk along this path you hear the gentle sound of running water. To your right the path descends down to a beautiful waterfall. The water is pristine clean and the sound of the running water is very soothing. The water flows into a beautiful pool of water and rocks.

You walk towards the waterfall, where there is a rock formation where you can walk under the waterfall. The sun is directly above and the rays shower down onto the waterfall, refracting into all the colours of the rainbow. You walk over and stand directly underneath the waterfall. You feel the sensation of the water on your skin and the sun's rays cleansing your aura. Any impurities in your aura are being washed away now. You see the rainbow of colours dancing in your aura, filling you with light. Any energy in your aura that isn't of the light is being released now; it is simply being washed away. Spent a few minutes now enjoying the sun's rays and the waterfall.

Your aura is now completely clean and free of impurities. Your body is feeling relaxed and cleansed. Your emotions are feeling calm and serene. It is now time to leave the waterfall, knowing you can return there any time you wish.

It is now time to bring your awareness back to your body. You can open your eyes and give your feet a shake. Bring your awareness back to the room, and come back to waking consciousness.

© Brad Austen 2019.

Copied from: <https://www.mindful-meditations.com/meditation-scripts/Waterfall-Meditation-Script.html>

What Will Matter

by Michael Josephson (c) 2003

Ready or not, some day it will all come to an end.

There will be no more sunrises, no minutes, hours, or days.

All the things you collected, whether treasured or forgotten, will pass to someone else.

Your wealth, fame, and temporal power will shrivel to irrelevance.

It will not matter what you owned or what you were owed.

our grudges, resentments, frustrations, and jealousies will finally disappear.

So, too, your hopes, ambitions, plans, and to-do lists will expire.

The wins and losses that once seemed so important will fade away.

It won't matter where you came from or what side of the tracks you lived on at the end.

It won't matter whether you were beautiful or brilliant.

Even your gender and skin color will be irrelevant.

So what will matter? How will the value of your days be measured?

What will matter is not what you bought but what you built; not what you got but what you gave.

What will matter is not your success but your significance.

What will matter is not what you learned but what you taught.

What will matter is every act of integrity, compassion, courage, or sacrifice that enriched, empowered, or encouraged others to emulate your example.

What will matter is not your competence but your character.

What will matter is not how many people you knew but how many will feel a lasting loss when you're gone.

What will matter is not your memories but the memories of those who loved you.

What will matter is how long you will be remembered, by whom, and for what.

Living a life that matters doesn't happen by accident.

It's not a matter of circumstance but of choice.

Choose to live a life that matters.

Copied from: <https://whatwillmatter.com/2011/10/what-will-matter-745-3/>

Resources:

Video Clips:

Brene Brown on Blame

https://www.youtube.com/watch?v=RZWf2_2L2v8&list=LL&index=33

Brene Brown on Boundaries

<https://www.youtube.com/watch?v=-WpdsRPzKco&t=6s>

Brene Brown: The Call for Courage

Documentary on Netflix

Dr. Richard Schwartz explains Internal Family Systems (IFS)

<https://www.youtube.com/watch?v=DdZZ7sTX840>

The power of believing that you can improve | Carol Dweck

<https://www.youtube.com/watch?v=X0mgOOSpLU>

Websites

CHADD - Improving the live of people affected ADHD

<https://chadd.org/>

Copeland Center For Wellness and Recovery

- <https://copelandcenter.com/>

-created Wellness Recovery Action Plan (WRAP)

- has various webinars offered

Make Kindness the Norm

<https://www.randomactsofkindness.org/>

Random Act of Kindness

At Home; School and Work

Resources on the site are free of charge

MENTOR / MENTEE CANADA

Elevating Peer Support to Peer Leadership and Wellness in Employment.

<https://mentormenteeCanada.com/>

Elizabeth Tremblay is an advocate (in Toronto)

Mighty Forces

<https://www.mightyforces.co/>

Mighty Forces helps women tell their stories. Because the world needs more women's stories.

Rise

<https://risehelps.ca/>

There mission statement: Rise empowers Canadians with mental health and addiction challenges to achieve greater economic and social inclusion through entrepreneurship training, small business loans and custom supports.

WRAP – Your Wellness Your Way

<https://www.wellnessrecoveryactionplan.com/>

Wellness Recovery Action Plan (WRAP) is a simple and powerful process for creating the life and wellness you want.

The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life. All along the way, WRAP helps you incorporate key recovery concepts and wellness tools into your plans and your life.

Apps



Hope by CAMH

Centre for Addiction and Mental Health (CAMH)

Suicide prevention mobile app

Hope by CAMH is a free smartphone app that provides suicide prevention information, tools and crisis resources to support and guide individuals when they are experiencing thoughts of suicide. One of the key features of this app is the ability for individuals to create a personalized suicide safety plan, which can be done in consultation with their healthcare professional, loved one, or someone who they have a trusting relationship with. The Hope by CAMH safety plan can be accessed at any time – especially if an individual is experiencing thoughts of suicide – and it can be updated as their situation changes.



I am - Daily affirmations

Monkey Taps LLC

“How many negative thoughts have been endlessly repeating in your mind? The daily affirmation help rewire our brains, build self esteem and change negative thought patterns. Empower yourself by verbally affirming your dreams and ambitions. Choose from many daily intentions and set reminders to be delivered throughout the day.”

“Positive affirmations not only do they help make major shifts in your mindset they also serve as prompts and daily reminders on what you are truly capable of, making sure you have an amazing day, everyday.”

*“**I Am** is an App I use; it sends daily positive affirmation to your media device be it your phone tablet or laptop example (I am worthy of being loved for who I am). And if you feel you need more than 1 affirmation to get you through a day, you can easily just go on the app. and scroll*

For different affirmations, which in my case is what I do when my depression and anxiety is higher than usual, and I just read as many as I need to feel a little better. It does not heal any of my depression or anxiety, but it does help me make it through the hurdles of the day.” From a Woman’s Circle Member



Moodfit: Mental Health Fitness

Roble Ridge Software LLC

* Best Overall Mental Health App of 2020 & 2021 ** - Verywell Mind

HOW IT WORKS

“There isn't a one-size-fits-all solution to good mental health. That's why Moodfit provides a comprehensive set of customizable tools to help you learn and focus on what most affects your mood. Awareness plus good practices done regularly is how to create a better mood”



The Mighty

Mighty Proud Media Inc

“The Mighty is the world’s largest digital health community. We’re people who talk about what health is really like — from mental health to chronic illness, disability, rare disease, parenting, neurodiversity, caregiving and so much more. Find and foster the human connections you need as you navigate your health journey, no matter what you or your loved one is going through. We’re here for you. We are #MightyTogether.”

“ Join a Mighty group and connect with like-minded individuals about health, hobbies, interests and more”



Wellness Recovery Action Plan

Advocates for Human Potential Inc.

Wellness Recovery Action Plan® (WRAP®) is a simple and powerful process for creating the life and wellness you want. What if you could...

- Shape every aspect of your life the way you want it to be?
- Gain freedom from troubling thoughts, behaviors, or patterns that repeat in your life?
 - Feel empowered in making decisions about your life?

- Build a strong support network of people and resources to help you reach your goals?

“This App includes everything such as my Wellness Toolbox, Daily Maintenance Plan; and not just my Crisis Plan. It helps keep myself and my support network to be on the same page as to what I am like when I am well to when I am in Crisis. Since it is on my phone the WRAP Plan can be easily accessed and be modified at any time which added bonus.. Furthermore, the sections of the WRAP Plan can be sent to an Email address so I could print them off or share it with individuals on my support team.

WRAP has helped me immensely and gives me a sense of control over my life and in my recovery journey.” From a Woman’s Circle Member

Recovery Colleges

Free

Camh Collaborative Learning College (Recovery College) (Toronto)

Has monthly enrollment for variety of courses

<https://clc.camh.ca/>

Ontario Shores Centre for Mental Health Sciences (Whitby, Ontario)

Fall, Winter and Spring Semester

<https://www.ontarioshores.ca/resources-support/recovery-college>

H.O.P.E Learning Centre

Helping Others thru Peer Education

CMHA Saskatchewan

<https://www.skhopelearningcentre.ca/>

CMHA Grande Prairie Recovery College (Alberta)

<https://recoverycollegegrandeprairie.ca/>

CMHA Medicine Hat Recovery College (Alberta)

<https://recoverycollegemedicinehat.ca/>

Peer Connect BC - “Where We Are At”

is a first of its kind, provincially (British Columbia) approved curriculum that’s been guided and evaluated by existing peer support organizations and people with lived experience in the province – from start to finish.

<https://peerconnectbc.ca/>

Books / Cards:

A Place Called Self - By Stephanie Brown

A Place Called Self A Companion Workbook: Women, Sobriety, and Radical Transformation - By Stephanie Brown

Atlas of the Heart: Mapping Meaningful Connection and Language of Human Experiences – By Brene Brown

Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones –
By James Clear

Belonging: Remembering Ourselves Home – By Toko-pa Turner

Brainstorm Revolution: True mental health stories of love, personal evolution, and cultural revolution – by Heather Down, Natalie Harris, Courtney Taylor, Asante Haughton, & 5 more (Amber is in this book)

Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone – By Brene Brown

Daring Greatly: How the Courage to Be Vulnerable Transforms the Way We Live, Love, Parent, and Lead – By Brene Brown

Difficult Mothers, Adult Daughters: A Guide for Separation, Liberation & Inspiration - By Karen C.L. Anderson

Discovering the Inner Mother: A Guide to Healing the Mother Wound and Claiming Your Personal Power – By Bethany Webster

Empowering Questions Cards - 52 Cards for Mindfulness & Meditation, Writing, or Any Other Process You Choose - The Original Deck – Published by Sunny Present

Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening
by Robert J Meyers, Brenda L. Wolfe

Letting Go: The Pathway of Surrender -by David R. Hawkins M.D. Ph.D

Mindfulness on the Go- 52 simple meditation practices you can do anywhere
By Jan Chozen Bays, M.D.

Practice You Daily Awakening Deck -By Elena Brower

Practice You: A Journal -By Elena Brower

Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent,
and Lead – By Brene Brown

Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals,
Declutter Your Mind, and Focus on the Present – By Nick Trenton

Spirit of the Animals Oracle Cards - By Jody Bergsma

The Four Agreements: A 48 Card Deck - By Don Miguel Ruiz

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma – By
Bessel van der Kolk M.D.

The Invisible Gorilla: How Our Intuitions Deceive Us - By Christopher Chabris,
Daniel Simons

The Power of Vulnerability: Teachings of Authenticity, Connection, and Courage –
By Brene Brown

The Untethered Soul: The Journey Beyond Yourself – Michael A. Singer

Thought It Was Just Me (but it isn't): Making the Journey from "What Will People
Think?" to "I Am Enough" – Brene Brown

Transform Your Boundaries- By Sarri Gilman, MA, MFT

What It Takes To Make it Through Stories of Suicide Resilience & Loss – By ASR
Suicide Studies Collective (Amber is in this book)

PDF's:

How to live with intention and actually achieve your goals from setting it, to
getting it – Otoabasi Bassey

<https://otoabasibassey.com/wp-content/uploads/2018/12/How-to-live-with-intention-and-actually-achieve-your-goals.pdf>

Marble Jar (Trust I)

<https://brenebrown.com/resources/trust-i-the-marble-jar/>

BRAVING (Trust II)

<https://brenebrown.com/resources/trust-ii-braving/>

Quotes:

Experience is the hardest kind of teacher. It gives you the test first and the lesson
afterward.

Oscar Wilde

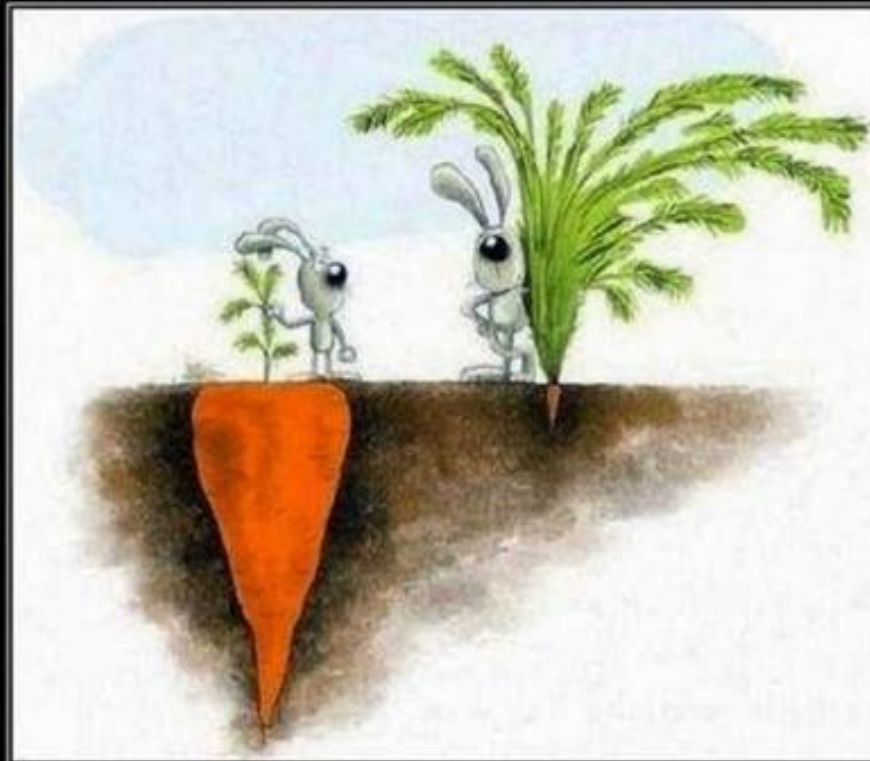
F.A.I.L -> First Attempt In Learning

“I’m here to get it right not to be right.

Brene Brown, Atlas of the Heart.

“The same boiling water that softens the potato, hardens the egg.”

*Self-care is the deliberate
choice you make to
maintain your own health
and wellness.*



SUCCESS

it's not always what you see