



Canadian Mental Health Association
Halton Region Branch
Mental health for all

April 2025

Virtual and In-Person Peer Support Groups
Recovery College Groups

- Register at www.halton.cmha.ca/peerregistration to receive an email and arrange a 15-minute phone call to discuss any questions and complete the registration.
 - *Weekly drop-in groups continue every week.*
- *Recovery College (RC) Family Matters is 5 Week Registered Program – email familymatters@cmhahrb.ca with any questions*
 - *All programs are free, and individuals 16 and over are welcome!*

For the latest updates on our Peer Support Groups and calendars, visit our Facebook, Instagram and Twitter pages.



@cmha.halton



@cmha.halton



@cmhahalton

Virtual Peer Support Group

In-Person Peer Support Group

Recovery College (RC) Group

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Opportunity for Self- Practice https://insighttimer.com/en-ca</p>	<p>1:30pm-3:30pm Conversations Drop-In-Zoom</p> <p>6:30pm to 8:00pm RC Family Matters 5 Week Registered Program-Zoom</p>	<p>10am-12pm Mission Possible Drop-In-Zoom</p> <p>2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom</p>	<p>10:30-12:00pm Just Breathe Central Library Burlington In-Person</p> <p>2:30pm – 3:30pm RC CHIME Drop-In Group - Zoom</p>	<p>11am-12:15pm Just Breathe Zoom Drop-In</p>
<p>Opportunity for Self- Practice https://insighttimer.com/en-ca</p>	<p>1:30pm-3:30pm Conversations Drop-In-Zoom</p> <p>6:30pm to 8:00pm RC Family Matters 5 Week Registered Program In-Person</p>	<p>11:00-12:30pm RC Building Blocks In-Person Drop-In CMHA, Oakville</p> <p>2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom</p>	<p>10:30-12:00pm Just Breathe Central Library Burlington In-Person</p> <p>6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom</p>	<p>11am-12:15pm Just Breathe Zoom Drop-In</p>
<p>Opportunity for Self- Practice https://insighttimer.com/en-ca</p>	<p>1:30pm-3:30pm Conversations Drop-In-Zoom</p> <p>6:30pm to 8:00pm Wk1 RC Family Matters 5 Week Registered Program-Zoom</p>	<p>10am-12pm Mission Possible Drop-In-Zoom</p> <p>2:00 to 3:30pm Wk1 RC Pathway to Un-Becoming 5 Week Registered Program - Zoom</p>	<p>10:30-12:00pm Just Breathe Central Library Burlington In-Person</p> <p>2:30pm – 3:30pm RC CHIME Drop-In Group - Zoom</p>	<p>Good Friday CMHA Closed</p>
<p>Easter Monday CMHA Closed</p>	<p>1:30pm-3:30pm Conversations Drop-In-Zoom</p> <p>6:30pm to 8:00pm RC Family Matters 5 Week Registered Program-Zoom</p>	<p>2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom</p>	<p>10:30-12:00pm Just Breathe Central Library Burlington In-Person</p> <p>6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom</p>	<p>11am-12:15pm Just Breathe Zoom Drop-In</p>
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