



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*

# Fall 2020 Virtual Peer Support Groups

## MONDAY

12 PM TO  
1 PM

### JUST BREATHE

Guided meditations and conversation around this "Super Power"

*Weekly drop-in*

## TUESDAY

10 AM TO  
11:30 AM

### MISSION POSSIBLE

Series with topics on a 10-week rotation. Choose the topic(s) that speak to you!

*Weekly drop-in*

## WEDNESDAY

1 PM TO  
2:30 PM

### EFFECTIVELY MANAGING ANXIETY

Understanding anxiety and building a personal coping toolkit

*5-week workshop*

## THURSDAY

1 PM TO  
2:30 PM

### WELLNESS SERIES

Practical tools and information to create a personal self-care plan

*4-week workshop*

## FRIDAY

12 PM TO  
1 PM

### JUST BREATHE

Guided meditations and conversation around this "Super Power"

*Weekly drop-in*

**FREE.** Call Dave at 289-259-5092 or Sandra at 905-691-3855  
to register and join us on Zoom. *No groups on statutory holidays.*

*"When the weather is rough, lighthouses  
still stand there shining."*

