



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

Virtual Peer Support Groups

MONDAY

12 PM TO 1 PM

JUST BREATHE

Guided meditations and
conversation around this
"Super Power"

6:30 PM TO 8 PM

**WRAP
CONNECTIONS**

Build on your own
Wellness Recovery
Action Plan

TUESDAY

10 AM TO 11:30 AM

**MISSION
POSSIBLE**

Mindfulness, topic of the
week , and open
conversation

WEDNESDAY

12 PM TO 1 PM

JUST BREATHE

Guided meditations and
conversation around this
"Super Power"

FRIDAY

12 PM TO 1 PM

JUST BREATHE

Guided meditations and
conversation around this
"Super Power"

Text or call Lynn at 289-834-3258, 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."

