



**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”

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.”*

