



**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

10 weeks

WEDNESDAY

1 PM TO
2:30 PM

EFFECTIVELY
MANAGING
ANXIETY

Understanding anxiety
and building a personal
coping toolkit

5 weeks

THURSDAY

1 PM TO
2:30 PM

WELLNESS
SERIES

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

4 weeks

FRIDAY

12 PM TO
1 PM

JUST
BREATHE

Guided
meditations and
conversation
around this
“Super Power”

**Text or call Dave at 289-259-5092, Sandra at 905-691-3855,
or Lynn at 289-834-3258 to register and join us on Zoom.**

No groups on statutory holidays.

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

