



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

NOV/DEC 2020 Virtual Peer Support Groups

MONDAY

12 TO 1 PM

JUST BREATHE

Guided meditations
and conversation

Weekly drop-in

6 to 7:30 PM

NEW

EFFECTIVELY MANAGING ANXIETY

Understanding anxiety
and building a
personal coping toolkit

5-week workshop

TUESDAY

10 TO 11:30 AM

MISSION POSSIBLE

Weekly drop-in series
with topics on a
10-week rotation.
Choose the topics
that speak to you!

*10-week rotation
drop-in*

WEDNESDAY

1 TO 2:30 PM

EFFECTIVELY MANAGING ANXIETY

Understanding anxiety
and building a
personal coping toolkit

5-week workshop

THURSDAY

1 TO 2:30 PM

WELLNESS SERIES

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

4-week workshop

FRIDAY

12 TO 1 PM

JUST BREATHE

Guided meditations
and conversation

Weekly drop-in

Visit www.halton.cmha.ca/peer-support for additional information.

Call Dave at 289-259-5092, Sandra at 905-691-3855, or Lynn
at 289-834-3258 to register and join us by Zoom or phone.

ALL PROGRAMS ARE FREE. ALL ARE WELCOME.
No groups on statutory holidays.