



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

Jan/Feb 2021 Virtual Peer Support Groups

MONDAY

12 TO 1 PM

JUST BREATHE

Guided meditations
and conversation

Weekly drop-in

6 TO 7:30 PM

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**

2 TO 3:30 PM

INTRO TO WRAP

What is the Wellness
Recovery Action Plan?

4-week workshop

WEDNESDAY

10 TO 11:30 AM

FAMILY SUPPORT GROUP

Ways to enhance your
relationship with a
loved one navigating
their mental well-being

4-week workshop

2 TO 3:30 PM

EFFECTIVELY MANAGING ANXIETY

Understanding anxiety
and building a
personal coping toolkit

5-week workshop

THURSDAY

10 TO 11:30 AM

WELLNESS SERIES

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

4-week workshop

2 TO 3:30 PM

FAMILY SUPPORT GROUP

Ways to enhance your
relationship with a
loved one navigating
their mental
well-being

4-week workshop

FRIDAY

12 TO 1 PM

JUST BREATHE

Guided meditations
and conversation

Weekly drop-in

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To register, and join us over Zoom or Phone In, contact Dave, Sandra or Lynn at peermentors@cmhahrb.ca. Please include a phone # where you can be reached.
ALL PROGRAMS ARE FREE. ALL ARE WELCOME. *No groups on statutory holidays.*