



Canadian Mental
Health Association
Halton Region Branch
Mental health for all

April 12 to May 7, 2021

Virtual Peer Support Workshops

MONDAY

12 TO 1 PM

JUST BREATHE

Weekly drop-in

6 TO 7:30 PM

**FAMILY
SUPPORT
GROUP**

4-week workshop

TUESDAY

10 TO 11:30 AM

**MISSION
POSSIBLE**

Weekly drop-in

2 TO 3:30 PM

**INTRO TO
WRAP
(WELLNESS
RECOVERY
ACTION
PLAN)**

4-week workshop

WEDNESDAY

10 TO 11:30 AM

**WELLNESS
SERIES**

*4-week
workshop*

THURSDAY

10 TO 11:30 AM

**MOVE A
MUSCLE,
CHANGE A
THOUGHT**

Weekly drop-in

**Waiver required*

2 TO 3:30 PM
**EFFECTIVELY
MANAGING
ANXIETY**

4-week workshop

FRIDAY

12 TO 1 PM

**JUST
BREATHE**

Weekly drop-in

Click on
[www.halton.
cmha.ca/
peer-support](http://www.halton.cmha.ca/peer-support)
to view
program
flyers.

**OUR WEEKLY
DROP-IN GROUPS
CONTINUE EVERY
WEEK EXCEPT
ON STATUTORY
HOLIDAYS**

To register and join us over Zoom or Phone In, contact Dave or Sandra at peermentors@cmhahrb.ca and include your phone number. **ALL PROGRAMS ARE FREE. ALL ARE WELCOME.** *No groups on statutory holidays.*