





- Click on www.halton.cmha.ca/peer-support to view program flyers.
- *Weekly drop-in groups continue every week except on statutory holidays.*
 - ALL PROGRAMS ARE FREE. ALL ARE WELCOME.
- To register and join us over Zoom or phone in, contact Dave or Sandra at peermentors@cmhahrb.ca and include your phone number.

4-Week Workshop Weekly Drop-In Group Weekly Drop-In Group, Waiver required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	2 2 to 3:30 pm Effectively Managing Anxiety Workshop	3 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	4 12 to 1 pm Just Breathe Drop-in
7 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	8 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	9 2 to 3:30 pm Effectively Managing Anxiety Workshop	10 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	11 12 to 1 pm Just Breathe Drop-in
14 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	15 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	16 2 to 3:30 pm Effectively Managing Anxiety Workshop	17 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	18 12 to 1 pm Just Breathe Drop-in
21 12 to 1 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	22 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Family Support Workshop	23 2 to 3:30 pm Effectively Managing Anxiety Workshop	24 10 to 11:30 am Move a Muscle, Change a Thought Drop-in 2 to 3:30 pm Intro to WRAP Workshop	25 12 to 1 pm Just Breathe Drop-in
28 12 to 1 pm Just Breathe Drop-in	29 10 to 11:30 am Mission Possible Drop-in	30	 @cmhalton  @cmha.halton	

Just Breathe Weekly Drop-In: Practice mindfulness and guided meditation together

Mission Possible Weekly Drop-In: 10 Topic Rotation – a different topic each week

Move a Muscle, Change a Thought Weekly Drop-In: **** Waiver Required**** Gentle movement, music and conversation

Intro to WRAP 4 Week Workshop: Overview of the Wellness Recovery Action Plan

Wellness Series 4 Week Workshop: Support yourself in a loving, kind, non-judgmental, self-compassionate way

Effectively Managing Anxiety 4 Week Workshop: Better understand your anxiety and share tips and strategies to support yourself

Family Support 4 Week Workshop: As a caregiver your own wellness is important and deserves attention.