



- Click on [www.halton.cmha.ca/peer-support](http://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](mailto: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
<b>3</b> 12 to 1 pm Just Breathe Drop-in  6 to 7:30 pm Family Support Workshop	<b>4</b> 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Intro to WRAP Workshop	<b>5</b> 10 to 11:30 am Wellness Series Workshop  1:30 to 3:30 pm Creative Writing Workshop	<b>6</b> 10 to 11:30 am Move a Muscle, Change a Thought Drop-in  2 to 3:30 pm Effectively Managing Anxiety Workshop	<b>7</b> 12 to 1 pm Just Breathe Drop-in
<b>10</b> 12 to 1 pm Just Breathe Drop-in	<b>11</b> 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Intro to WRAP Workshop	<b>12</b> 1:30 to 3:30 pm Creative Writing Workshop	<b>13</b> 10 to 11:30 am Move a Muscle, Change a Thought Drop-in  2 to 3:30 pm Effectively Managing Anxiety Workshop	<b>14</b> 12 to 1 pm Just Breathe Drop-in
<b>17</b> 12 to 1 pm Just Breathe Drop-in	<b>18</b> 10 to 11:30 am Mission Possible Drop-in	<b>19</b> 1:30 to 3:30 pm Creative Writing Workshop	<b>20</b> 10 to 11:30 am Move a Muscle, Change a Thought Drop-in	<b>21</b> 12 to 1 pm Just Breathe Drop-in
<b>24</b> Holiday No Programs	<b>25</b> 10 to 11:30 am Mission Possible Drop-in	<b>26</b> 1:30 to 3:30 pm Creative Writing Workshop	<b>27</b> 10 to 11:30 am Move a Muscle, Change a Thought Drop-in	<b>28</b> 12 to 1 pm Just Breathe Drop-in
<b>31</b> 12 to 1 pm Just Breathe Drop-in  6 to 7:30 pm Wellness Series Workshop	 @cmhahalton  @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

**Creative Writing 4 Week Workshop:** Pilot workshop facilitated by Darcy Patrick, author who has his own lived experience