



- 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.

Weekly Drop-In Group

Weekly Drop-In Group, Waiver required

4 Week Workshops to resume in September

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|-----------------------------------------------|-----------------------------------------------------------------|---------------------------------------------|
|   | | | 1 No Group | 2 12 to 1:30 pm Just Breathe Drop-in |
| 5 12 to 1:30 pm Just Breathe Drop-in | 6 10 to 11:30 am Mission Possible Drop-in | 7 12 to 1:30 pm Lunch N' Laugh Drop-in | 8 10 to 11:30 am Move a Muscle, Change a Thought Drop-in | 9 12 to 1:30 pm Just Breathe Drop-in |
| 12 12 to 1:30 pm Just Breathe Drop-in | 13 10 to 11:30 am Mission Possible Drop-in | 14 12 to 1:30 pm Lunch N' Laugh Drop-in | 15 10 to 11:30 am Move a Muscle, Change a Thought Drop-in | 16 12 to 1:30 pm Just Breathe Drop-in |
| 19 12 to 1:30 pm Just Breathe Drop-in | 20 10 to 11:30 am Mission Possible Drop-in | 21 12 to 1:30 pm Lunch N' Laugh Drop-in | 22 10 to 11:30 am Move a Muscle, Change a Thought Drop-in | 23 12 to 1:30 pm Just Breathe Drop-in |
| 26 12 to 1:30 pm Just Breathe Drop-in | 27 10 to 11:30 am Mission Possible Drop-in | 28 12 to 1:30 pm Lunch N' Laugh Drop-in | 29 10 to 11:30 am Move a Muscle, Change a Thought Drop-in | 30 12 to 1:30 pm Just Breathe Drop-in |

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

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

Lunch N' Laugh Weekly Drop-In: Bring your lunch and let's eat and laugh together

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 – **To resume in September**

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

Effectively Managing Anxiety 4 Week Workshop: Better understand your anxiety and share tips and strategies to support yourself - **To resume in September**

Family Support 4 Week Workshop: As a caregiver your own wellness is important and deserves attention - **To resume in September**