



- 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.

Workshop **Weekly Drop-In Group** **Weekly Drop-In Group, Waiver required**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 12 to 1:30 pm Just Breathe Drop-in
4 12 to 1:30 pm Just Breathe Drop-in 6 to 7:30 pm Wellness Series Workshop	5 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Personal Expression For Self-Healing Workshop	6 10 to 11:30 am Family Support Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	7 10 to 11:30 am Intro to WRAP Workshop 2 to 3:30 pm Effectively Managing Anxiety Workshop	8 12 to 1:30 pm Just Breathe Drop-in
11 No Group	12 10 to 11:30 am Mission Possible Drop-in	13 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	14	15 12 to 1:30 pm Just Breathe Drop-in
18 12 to 1:30 pm Just Breathe Drop-in 6 to 7:30 pm Effectively Managing Anxiety Workshop	19 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 am Intro to WRAP Workshop	20 10 to 11:30 am Personal Expression For Self-Healing Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	21 10-12:30 am Coping Skills for Change for Peers Workshop 2 to 3:30 pm Family Support Workshop	22 12 to 1:30 pm Just Breathe Drop-in
25 12 to 1:30 pm Just Breathe Drop-in 6 to 7:30 pm Effectively Managing Anxiety Workshop	26 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 am Intro to WRAP Workshop	27 10 to 11:30 am Personal Expression For Self-Healing Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	28 10-12:30 am Coping Skills for Change for Peers Workshop 2 to 3:30 pm Family Support Workshop	29 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

Coping Skills for Change for Peers 9 Week Workshop: learn Mindfulness, Emotional & Stress Management & Communication skills

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

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

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

Personal Expression for Self-Healing 4 Week Workshop: an invitation to self-explore by putting pen to paper

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