





- 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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 @cmhahalton	 @cmha.halton	1 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	2	3 12 to 1:30 pm Just Breathe Drop-in
6 No Group	7 10 to 11:30 am Mission Possible Drop-in	8 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	9	10 12 to 1:30 pm Just Breathe Drop-in
13 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Wellness Series Workshop	14 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Personal Expression For Self-Healing Workshop	15 10 to 11:30 am Family Support Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	16 10 to 11:30 am Intro to WRAP Workshop  2 to 3:30 pm Effectively Managing Anxiety Workshop	17 12 to 1:30 pm Just Breathe Drop-in
20 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Wellness Series Workshop	21 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Personal Expression For Self-Healing Workshop	22 10 to 11:30 am Family Support Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	23 10 to 11:30 am Intro to WRAP Workshop  2 to 3:30 pm Effectively Managing Anxiety Workshop	24 12 to 1:30 pm Just Breathe Drop-in
27 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Wellness Series Workshop	28 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Personal Expression For Self-Healing Workshop	29 10 to 11:30 am Family Support Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	30 10 to 11:30 am Intro to WRAP Workshop  2 to 3:30 pm Effectively Managing Anxiety Workshop	

**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

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

**Family Support 4 Week Workshop:** The focus is on the caregiver to identify what is and is not in your control

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