




- 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
1 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Effectively Managing Anxiety Workshop	2 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 am Intro to WRAP Workshop	3 10 to 11:30 am Personal Expression For Self-Healing Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	4 10-12:30 am Coping Skills for Change Workshop  2 to 3:30 pm Family Support Workshop	5 12 to 1:30 pm Just Breathe Drop-in
8 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Effectively Managing Anxiety Workshop	9 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 am Intro to WRAP Workshop	10 10 to 11:30 am Personal Expression For Self-Healing Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	11 10-12:30 am Coping Skills for Change Workshop  2 to 3:30 pm Family Support Workshop	12 12 to 1:30 pm Just Breathe Drop-in
15 12 to 1:30 pm Just Breathe Drop-in	16 10 to 11:30 am Mission Possible Drop-in	17 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	18 10-12:30 am Coping Skills for Change Workshop	19 12 to 1:30 pm Just Breathe Drop-in
22 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Family Support Workshop	23 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Effectively Managing Anxiety Workshop	24 10 to 11:30 am Wellness Series Workshop  2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	25 10-12:30 am Coping Skills for Change Workshop  2 to 3:30 pm Personal Expression For Self-Healing Workshop	26 12 to 1:30 pm Just Breathe Drop-in
29 12 to 1:30 pm Just Breathe Drop-in  6 to 7:30 pm Family Support Workshop	30 10 to 11:30 am Mission Possible Drop-in  2 to 3:30 pm Effectively Managing Anxiety 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

**Coping Skills for Change for Peers 9 Week Workshop:** Learn Mindfulness, Emotional & Stress Management and Communication skills – Referral and Screening appointment required – **\*\*See Flyer**

**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

**Intro to WRAP 4 Week Workshop:** Overview of the Wellness Recovery Action Plan. Options and Choices.

**Personal Expression for Self-Healing 4 Week Workshop:** Self-exploration and Curiosity – **\*\*See Flyer**

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