





- 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, contact us at peermentors@cmhahrb.ca and include your phone number. A short 15 minute phone call completes the registration process.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 @cmhahalton  @cmha.halton		1 10 to 11:30 am Wellness Series Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	2 10-12:30 am Coping Skills for Change Workshop 2 to 3:30 pm Personal Expression For Self-Healing Workshop	3 12 to 1:30 pm Just Breathe Drop-in
6 12 to 1:30 pm Just Breathe Drop-in 6 to 7:30 pm Family Support Workshop	7 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Effectively Managing Anxiety Workshop	8 10 to 11:30 am Wellness Series Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	9 10-12:30 am Coping Skills for Change Workshop 2 to 3:30 pm Personal Expression For Self-Healing Workshop	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 Family Support Workshop	14 10 to 11:30 am Mission Possible Drop-in 2 to 3:30 pm Effectively Managing Anxiety Workshop	15 10 to 11:30 am Wellness Series Workshop 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	16 10-12:30 am Coping Skills for Change Workshop 2 to 3:30 pm Personal Expression For Self-Healing Workshop	17 12 to 1:30 pm Just Breathe Drop-in
20 12 to 1:30 pm Just Breathe Drop-in	21 10 to 11:30 am Mission Possible Drop-in	22 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	23 No Group	24 12 to 1:30 pm Just Breathe Drop-in
27 No Group	28 No Group	29 2 to 3:30 pm Move a Muscle, Change a Thought Drop-in	30 No Group	31 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

Move a Muscle, Change a Thought Weekly Drop-In: **** Waiver Required**** Gentle movement, music and conversation

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

Personal Expression for Self-Healing 4 Week Workshop: Self-exploration and Curiosity

*****See Flyers for More Information*****