



**Canadian Mental  
Health Association**  
Halton Region Branch  
*Mental health for all*

Peer support is  
a powerful tool  
for recovery.



## **'Thursday Conversations'**

A social drop-in group  
for peers to get  
together for  
connection!

### ***When?***

Thursdays from  
10:00 to 11:30am

### ***Where?***

Zoom

To register or ask  
questions, please send an  
email to  
[peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca)

Please include your full  
name and a phone number  
to contact you.