



- 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, and 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.

Weekly Drop-In

Weekly Drop-In (Waiver Required)

Monday	Tuesday	Wednesday	Thursday	Friday
2 12:00pm-1:30pm Just Breathe Drop-In	3 10:00am-11:30am Mission Possible Drop-In	4 2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	5 Drop-in groups cancelled	6 12:00pm-1:30pm Just Breathe Drop-In
9 12:00pm-1:30pm Just Breathe Drop-In	10 10:00am-11:30am Mission Possible Drop-In	11 2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	12 10:00am-11:30am Thursday Conversations Drop-In	13 12:00pm-1:30pm Just Breathe Drop-In
16 12:00-1:30pm Just Breathe Drop-In	17 10:00am-11:30am Mission Possible Drop-In	18 2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	19 10:00am-11:30am Thursday Conversations Drop-In	20 12:00pm-1:30pm Just Breathe Drop-In
23 No drop-ins/workshop Victoria Day Stat	24 10:00am-11:30am Mission Possible Drop-In	25 2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	26 10:00am-11:30am Thursday Conversations Drop-In	27 12:00pm-1:30pm Just Breathe Drop-In
30 12:00-1:30pm Just Breathe Drop-In	31 10:00am-11:30am Mission Possible Drop-In			

Just Breathe Weekly Drop-In: Practice mindfulness and guided meditation together

Mission Possible Weekly Drop-In: 10 Topic Rotation (different topic each week)

Move a Muscle, Change a Thought Weekly Drop-In: Gentle movement, music and conversation (waiver required)

See Flyers for More Information