



- 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, and all are welcome!*
- To register and join us over Zoom, contact us at [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca) and include your phone number. A short 15-minute phone call completes the registration process.

**Workshop**      **Weekly Drop-In**      **Weekly Drop-In (Waiver Required)**

Monday	Tuesday	Wednesday	Thursday	Friday
		1 2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	2 10:00am-11:30am Thursday Conversations Drop-In	3 12:00pm-1:30pm Just Breathe Drop-In
6 12:00pm-1:30pm Just Breathe Drop-In  6:00pm-7:30pm Effectively Managing Anxiety Workshop	7 10:00am-11:30am Mission Possible Drop-In  2:00pm-3:30pm Wellness Series Workshop	8 10:00am-11:30am Personal Expression for Self-Healing Workshop  2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	9 10:00am-11:30am Thursday Conversations Drop-In	10 12:00pm-1:30pm Just Breathe Drop-In
13 <b>CANCELLED</b> Just Breathe  6:00pm-7:30pm Effectively Managing Anxiety Workshop	14 10:00am-11:30am Mission Possible Drop-In  2:00pm-3:30pm Wellness Series Workshop	15 10:00am-11:30am Personal Expression for Self-Healing Workshop  2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	16 10:00am-11:30am Thursday Conversations Drop-In	17 12:00pm-1:30pm Just Breathe Drop-In
20 12:00-1:30pm Just Breathe Drop-In  6:00pm-7:30 Effectively Managing Anxiety Workshop	21 <b>CANCELLED</b> Mission Possible  2:00pm-3:30pm Wellness Series Workshop	22 10:00am-11:30am Personal Expression for Self-Healing Workshop  2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	23 10:00am-11:30am Thursday Conversations Drop-In	24 12:00pm-1:30pm Just Breathe Drop-In
27 12:00-1:30pm Just Breathe Drop-In  6:00pm-7:30 Effectively Managing Anxiety Workshop	28 10:00am-11:30am Mission Possible Drop-In  2:00pm-3:30pm Wellness Series Workshop	29 10:00am-11:30am Personal Expression for Self-Healing Workshop  2:00pm-3:30pm Move a Muscle, Change a Thought Drop-In	30 10:00am-11:30am Thursday Conversations 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)
- 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
- Personal Expression for Self-Healing 4-Week Workshop:** Self-exploration and Curiosity
- \*See Flyers for More Information\***