



# August Week 2 Calendar 2022

## Virtual Peer Support Groups

- 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.
- Join us over Zoom or phone in, contact [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca) and include your phone number to arrange a time to complete the registration process.

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

Monday 8	Tuesday 9	Wednesday 10	Thursday 11	Friday 12
<p>9:30-10:30am Move a Muscle, Change a Thought Drop-In</p> <p>12 to 1:00pm Just Breathe Drop-In</p>	<p>10-11:30am Mission Possible Drop-In</p>	<p>No Group</p>	<p>10-11:30am Thursday Conversations Drop-In</p>	<p>9:30-10:30am Activation Station Drop-In</p> <p>12 to 1:00pm Just Breathe Drop-In</p>

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

**Mission Possible Weekly Drop-In:** 10 Topic Rotation – a different topic each week

**Thursday Conversations Weekly Drop-In:** Peers choose the topic(s) they would like to talk about

**Activation Station Weekly Drop-In:** Drop the “thinking” and start the “doing”

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