



August Week 5 Calendar 2022

Virtual Peer Support Groups

- 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.
- Join us over Zoom or phone in, contact 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 29	Tuesday 30	Wednesday 31	Thursday Sept 1	Friday Sept 2
9:30-10:30am Move a Muscle, Change a Thought Drop-In 12 to 1:00pm Just Breathe Drop-In	10-11:30am Mission Possible Drop-In	No Group	10-11:30am Thursday Conversations Drop-In	9:30-10:30am Activation Station Drop-In 12 to 1:00pm 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

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