



- 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.
- To register and join us over Zoom or phone in, contact Gabe or Sandra at [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca) and include your phone number.

### Weekly Drop-In Group

### Weekly Drop-In Group, Waiver required

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 			1 10-11:30 Thursday Conversations Drop-In	2 9:30-10:30 Activation Station Drop-In  12 to 1:00 Just Breathe Drop-in
5 <b>No Groups</b>	6 10 to 11:30 Mission Possible Drop-in	7 3:30-4:00 Mini Moments Just Breathe Drop-In	8 10-11:30 Thursday Conversations Drop-In	9 9:30-10:30 Activation Station Drop-In  12 to 1:00 Just Breathe Drop-in
12 9:30-10:30 Move a Muscle, Change a Thought Drop-In  12 to 1:00 Just Breathe Drop-in	13 10 to 11:30 Mission Possible Drop-in	14 3:30-4:00 Mini Moments Just Breathe Drop-In	15 10-11:30 Thursday Conversations Drop-In	16 9:30-10:30 Activation Station Drop-In  12 to 1:00 Just Breathe Drop-in
19 9:30-10:30 Move a Muscle, Change a Thought Drop-In  12 to 1:00 Just Breathe Drop-in	20 10 to 11:30 Mission Possible Drop-in	21 3:30-4:00 Mini Moments Just Breathe Drop-In	22 10-11:30 Thursday Conversations Drop-In	23 9:30-10:30 Activation Station Drop-In  12 to 1:00 Just Breathe Drop-in
26 9:30-10:30 Move a Muscle, Change a Thought Drop-In  12 to 1:00 Just Breathe Drop-in	27 10 to 11:30 Mission Possible Drop-in	28 3:30-4:00 Mini Moments Just Breathe Drop-In	29 10-11:30 Thursday Conversations Drop-In	30 9:30-10:30 Activation Station Drop-In  12 to 1:00 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

**Mini Moments Just Breathe Weekly Drop-In:** Finding a few moments to explore “Present Moment Awareness”

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

**Activation Station Weekly Drop-In:** Replace the “thinking” with the “doing”

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