



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all



Peers share similar life experiences, in a safe, supportive, non-judgmental space

Conversations

An invitation to connect
and drop-in for open
conversations!

When?

Mondays 2-3:30pm

Where?

Zoom

To register or ask
questions, please send an
email to
peermentors@cmhahrb.ca

Please include your full
name and a phone number
where you can be reached
to complete registration