



- 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 open to 16 years and over.
- To register and join us over Zoom or Phone In, contact Gabe or Sandra at [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca). Please include your phone number where we can contact you.

### Weekly Drop-In Groups

### In-Person Closed Workshops

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 12-1 Just Breathe 2-3:30 Conversations	1 10-11:30 Mission Possible	2 12-1 Just Breathe Drop-In 5:30-8:00 WRAP 8 Week Workshop In Person Georgetown	3	4 12 to 1:00 Just Breathe
7 12-1 Just Breathe 2-3:30 Conversations	8 10-11:30 Mission Possible Drop-In 1:30-3:00 Wellness Series 4 Week Workshop In Person Tansley Woods Library Burl	9 12-1 Just Breathe Drop-In 5:30-8:00 WRAP 8 Week Workshop In Person Georgetown	10	11 12 to 1:00 Just Breathe
14 12-1 Just Breathe 2-3:30 Conversations	15 10-11:30 Mission Possible Drop-In 1:30-3:00 Wellness Series 4 Week Workshop In Person Tansley Woods Library Burlington	16 12-1 Just Breathe Drop-In 5:30-8:00 WRAP 8 Week Workshop In Person Georgetown	17	18 12 to 1:00 Just Breathe
21 12-1 Just Breathe 2-3:30 Conversations	22 10-11:30 Mission Possible Drop-In 1:30-3:00 Wellness Series 4 Week Workshop In Person Tansley Woods Library Burlington	23 12-1 Just Breathe Drop-In 5:30-8:00 WRAP 8 Week Workshop In Person Georgetown	24	25 12 to 1:00 Just Breathe
28 12-1 Just Breathe 2-3:30 Conversations	29 10-11:30 Mission Possible Drop-In 1:30-3:00 Wellness Series 4 Week Workshop In Person Tansley Woods Library Burlington	30 12-1 Just Breathe Drop-In 5:30-8:00 WRAP 8 Week Workshop In Person Georgetown	 @cmha.halton  @cmhahalton	

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

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

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

**Wellness Series Workshop (Burlington):** Building a foundation in practicing self-care.

**WRAP (Wellness Recovery Action Plan) 8 Week Closed Workshop (Georgetown):** Evidence-based self-created plan in support of your wellness