



February 2023

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, and all are welcome!
- To register and join us over Zoom, contact us at peermentors@cmhahrb.ca and include your phone number. A short 15-minute phone call completes the registration process.

Weekly Drop-In Groups over Zoom ****New Group/Time****

Monday	Tuesday	Wednesday	Thursday	Friday
 @cmha.halton	 @cmhahalton	1 12-1:30 pm Mission Possible 6-7 pm Just Breathe	2 NO GROUPS	3 10-11 am Just Breathe
6 12-1 pm Just Breathe	7 10-11:30 am Conversations	8 12-1:30 pm Mission Possible 6-7 pm Just Breathe	9 NO GROUPS	10 10-11 am Just Breathe
13 12-1 pm Just Breathe	14 10-11:30 am Conversations	15 12-1:30 pm Mission Possible 6-7 pm Just Breathe	16 NO GROUPS	17 10-11 am Just Breathe
20 NO GROUPS Family Day	21 10-11:30 am Conversations	22 12-1:30 pm Mission Possible 6-7 pm Just Breathe	23 NO GROUPS	24 10-11 am Just Breathe
27 12-1 pm Just Breathe	28 10-11:30 am Conversations			

Just Breathe: Mindfulness and Gentle Movement in Community **** Morning, Midday and Evening Options**

Conversations – What’s on Your Mind? **** Tuesday Mornings**

Mission Possible – A Different Topic Each Week. **** Wednesdays at Noon**