

- 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 Days/Times****

Monday	Tuesday	Wednesday	Thursday	Friday
2 NO GROUPS	3 10-11:30 am Conversations	4 12-1:30 pm Mission Possible 6-7 pm Just Breathe	5 NO GROUPS	6 10-11 am Just Breathe
9 12-1 pm Just Breathe	10 10-11:30 am Conversations	11 12-1:30 pm Mission Possible 6-7 pm Just Breathe	12 NO GROUPS	13 10-11 am Just Breathe
16 12-1 pm Just Breathe	17 10-11:30 am Conversations	18 12-1:30 pm Mission Possible 6-7 pm Just Breathe	19 NO GROUPS	20 10-11 am Just Breathe
16 12-1 pm Just Breathe	24 10-11:30 am Conversations	25 12-1:30 pm Mission Possible 6-7 pm Just Breathe	26 NO GROUPS	27 10-11 am Just Breathe
30 12-1 pm Just Breathe	31 10-11:30 am Conversations	 @cmha.halton	 @cmhahalton	

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