



- 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 all 16+ are welcome!*
- To register and join us over Zoom, contact us at [peermentors@cmhahrb.ca](mailto:peermentors@cmhahrb.ca) and include your phone number. A short 15-minute phone call completes the registration process.

**Weekly In-Person Drop-In**

**Weekly Zoom Drop-In**

Monday	Tuesday	Wednesday	Thursday	Friday
 <a href="https://www.facebook.com/cmha.halton">@cmha.halton</a>	 <a href="https://twitter.com/cmhahalton">@cmhahalton</a>		1 10-11am Just Breathe In-Person Drop-In	2 Opportunity for Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
5 12-1pm Just Breathe Zoom Drop-In	6 10-11:30am Conversations Zoom Drop-In	7 <b>NO GROUPS</b>	8 10-11am Just Breathe In-Person Drop-In	9 Opportunity for Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
12 12-1pm Just Breathe Zoom Drop-In	13 10-11:30am Conversations Zoom Drop-In	14 12-1:30pm Mission Possible Zoom 6-7pm Just Breathe Zoom Drop-In	15 10-11am Just Breathe In-Person Drop-In	16 Opportunity for Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
19 12-1pm Just Breathe Zoom Drop-In	20 10-11:30am Conversations Zoom Drop-In	21 12-1:30pm Mission Possible Zoom 6-7pm Just Breathe Zoom Drop-In	22 10-11am Just Breathe In-Person Drop-In	23 Opportunity for Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
26 12-1pm Just Breathe Zoom Drop-In	27 10-11:30am Conversations Zoom Drop-In	28 12-1:30pm Mission Possible Zoom 6-7pm Just Breathe Zoom Drop-In	29 10-11am Just Breathe In-Person Drop-In	30 Opportunity for Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>