



- 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 16+ 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 In-Person Drop-In

Weekly Zoom Drop-In

Monday	Tuesday	Wednesday	Thursday	Friday
1 12-1pm Just Breathe Zoom Drop-In	2 10-11:30am Conversations Zoom Drop-In	3 12-1:30pm Mission Possible Zoom Drop-In 6-7 pm Just Breathe Zoom Drop-In	4 10-11am Just Breathe In-Person Drop-In 1-3:30 WRAP Workshop (full)	5 Opportunity for Practice https://insighttimer.com/en-ca
8 12-1pm Just Breathe Zoom Drop-In	9 10-11:30am Conversations Zoom Drop-In	10 12-1:30pm Mission Possible Zoom Drop-In 6-7 pm Just Breathe Zoom Drop-In	11 10-11am Just Breathe In-Person Drop-In 1-3:30 WRAP Workshop (full)	12 Opportunity for Practice https://insighttimer.com/en-ca
15 12-1pm Just Breathe Zoom Drop-In	16 10-11:30am Conversations Zoom Drop-In	17 12-1:30pm Mission Possible Zoom Drop-In 6-7 pm Just Breathe Zoom Drop-In	18 10-11am Just Breathe In-Person Drop-In 1-3:30 WRAP Workshop (full)	19 Opportunity for Practice https://insighttimer.com/en-ca
22 No Groups Victoria Day Opportunity for Practice https://insighttimer.com/en-ca	23 No Groups Opportunity for Practice https://insighttimer.com/en-ca	24 12-1:30pm Mission Possible Zoom Drop-In 6-7 pm Just Breathe Zoom Drop-In	25 10-11am Just Breathe In-Person Drop-In 1-3:30 WRAP Workshop (full)	26 Opportunity for Practice https://insighttimer.com/en-ca
29 12-1pm Just Breathe Zoom Drop-In	30 10-11:30am Conversations Zoom Drop-In	31 12-1:30pm Mission Possible Zoom Drop-In 6-7 pm Just Breathe Zoom Drop-In	 @cmha.halton	 @cmhahalton