



- 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.

All groups are weekly Zoom drop-ins

Monday	Tuesday	Wednesday	Thursday	Friday
3 NO GROUPS STATUTORY HOLIDAY	4 10-11:30am Conversations Zoom Drop-In	5 6-7 pm Just Breathe Zoom Drop-In	6 12-1:30pm Mission Possible Zoom Drop-In	7 Opportunity for Practice https://insighttimer.com/en-ca
10 12-1pm Just Breathe Zoom Drop-In	11 10-11:30am Conversations Zoom Drop-In	12 6-7 pm Just Breathe Zoom Drop-In	13 12-1:30pm Mission Possible Zoom Drop-In	14 Opportunity for Practice https://insighttimer.com/en-ca
17 12-1pm Just Breathe Zoom Drop-In	18 10-11:30am Conversations Zoom Drop-In	19 6-7 pm Just Breathe Zoom Drop-In	20 12-1:30pm Mission Possible Zoom Drop-In	21 Opportunity for Practice https://insighttimer.com/en-ca
24 12-1pm Just Breathe Zoom Drop-In	25 10-11:30am Conversations Zoom Drop-In	26 6-7 pm Just Breathe Zoom Drop-In	27 12-1:30pm Mission Possible Zoom Drop-In	28 Opportunity for Practice https://insighttimer.com/en-ca
31 12-1pm Just Breathe Zoom Drop-In			 @cmha.halton	 @cmhahalton