



- 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.*
  - *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.

For the latest updates on our Peer Support Groups and calendars, visit our Facebook

and Twitter pages  [@cmha.halton](https://www.facebook.com/cmha.halton)  [@cmhahalton](https://twitter.com/cmhahalton)

Monday	Tuesday	Wednesday	Thursday	Friday
 <a href="https://www.facebook.com/cmha.halton">@cmha.halton</a>	1 10-11:30am Conversations Zoom Drop-In	2 3-4 pm Just Breathe Zoom Drop-In	3 12-1:30pm Mission Possible Zoom Drop-In	4 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
7 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	8 10-11:30am Conversations Zoom Drop-In	9 3-4 pm Just Breathe Zoom Drop-In	10 12-1:30pm Mission Possible Zoom Drop-In	11 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
14 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	15 10-11:30am Conversations Zoom Drop-In	16 3-4 pm Just Breathe Zoom Drop-In	17 12-1:30pm Mission Possible Zoom Drop-In	18 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
21 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	22 10-11:30am Conversations Zoom Drop-In	23 3-4 pm Just Breathe Zoom Drop-In	24 12-1:30pm Mission Possible Zoom Drop-In	25 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>
28 Opportunity for Practice  <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	29 10-11:30am Conversations Zoom Drop-In	30 3-4 pm Just Breathe Zoom Drop-In	31 12-1:30pm Mission Possible Zoom Drop-In	 <a href="https://twitter.com/cmhahalton">@cmhahalton</a>