



**Canadian Mental
Health Association**
Halton Region Branch
Mental health for all



peer support

Peers share similar life experiences, in a safe, supportive, non-judgmental space

Free Via Zoom

Conversations

An invitation to connect and drop-in for open conversations!

To register or ask questions, please send an email to peermentors@cmhahrb.ca

Please include your full name and a phone number where you can be reached to complete registration