



NOVEMBER 2023

Virtual Peer Support Groups

- Click on 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 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



[@cmhahalton](https://twitter.com/cmhahalton)



[@cmha.halton](https://www.facebook.com/cmha.halton)

Monday	Tuesday	Wednesday	Thursday	Friday
		1 12-1:30pm Mission Possible Zoom Drop-In	2 Opportunity for Practice https://insighttimer.com/en-ca	3 11am-12pm Just Breathe Zoom Drop-In
6 Opportunity for Practice https://insighttimer.com/en-ca	7 10-11:30am Conversations Zoom Drop-In	8 12-1:30pm Mission Possible Zoom Drop-In	9 Opportunity for Practice https://insighttimer.com/en-ca	10 11am-12pm Just Breathe Zoom Drop-In
13 Opportunity for Practice https://insighttimer.com/en-ca	14 10-11:30am Conversations Zoom Drop-In	15 12-1:30pm Mission Possible Zoom Drop-In	16 Opportunity for Practice https://insighttimer.com/en-ca	17 11am-12pm Just Breathe Zoom Drop-In
20 Opportunity for Practice https://insighttimer.com/en-ca	21 10-11:30am Conversations Zoom Drop-In	22 12-1:30pm Mission Possible Zoom Drop-In	23 Opportunity for Practice https://insighttimer.com/en-ca	24 11am-12pm Just Breathe Zoom Drop-In
27 Opportunity for Practice https://insighttimer.com/en-ca	28 10-11:30am Conversations Zoom Drop-In	29 12-1:30pm Mission Possible Zoom Drop-In	30 Opportunity for Practice https://insighttimer.com/en-ca	 @cmhahalton  @cmha.halton