



DECEMBER 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



@cmha.halton

Monday	Tuesday	Wednesday	Thursday	Friday
				1 11am-12pm Just Breathe Zoom Drop-In
4 Opportunity for Practice https://insighttimer.com/en-ca	5 10-11:30am Conversations Zoom Drop-In	6 12-1:30pm Mission Possible Zoom Drop-In	7 Opportunity for Practice https://insighttimer.com/en-ca	8 11am-12pm Just Breathe Zoom Drop-In
11 Opportunity for Practice https://insighttimer.com/en-ca	12 10-11:30am Conversations Zoom Drop-In	13 12-1:30pm Mission Possible Zoom Drop-In	14 Opportunity for Practice https://insighttimer.com/en-ca	15 11am-12pm Just Breathe Zoom Drop-In
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25 CMHA Halton closed for the Holidays	26 CMHA Halton closed for the Holidays	27 12-1:30pm Mission Possible Zoom Drop-In	28 Opportunity for Practice https://insighttimer.com/en-ca	29 11am-12pm Just Breathe Zoom Drop-In