



- Click on www.halton.cmha.ca/peer-support to view program flyers. Register at www.halton.cmha.ca/peerregistration.
- For the Family-to-Family group, email familytofamily@cmhahrb.ca.
 - *Weekly drop-in groups continue every week.*
 - *Workshops are 8 weeks*
- *All programs are free, and individuals 16 and over are welcome!*

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

Instagram and Twitter pages.



@cmha.halton



@cmha.halton



@cmhahalton

Monday	Tuesday	Wednesday	Thursday	Friday
1 CMHA Closed Easter Monday	2 10-11:30am Conversations Zoom Drop-In	3 12-1:30pm Mission Possible Zoom Drop-In Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop	4 10-11am Just Breathe Central Library Burlington In-Person	5 11am-12pm Just Breathe Zoom Drop-In
8 Opportunity for Self- Practice https://insighttimer.com/en-ca	9 10-11:30am Conversations Zoom Drop-In	10 12-1:30pm Mission Possible Zoom Drop-In Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop	11 10-11am Just Breathe In-Person CANCELLED by Library 10-11am Zoom Drop-In	12 11am-12pm Just Breathe Zoom Drop-In
15 Opportunity for Self- Practice https://insighttimer.com/en-ca	16 10-11:30am Conversations Zoom Drop-In Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop	17 12-1:30pm Mission Possible Zoom Drop-In Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop	18 10-11am Just Breathe Central Library Burlington In-Person	19 11am-12pm Just Breathe Zoom Drop-In
22 Opportunity for Self- Practice https://insighttimer.com/en-ca	23 10-11:30am Conversations Zoom Drop-In Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop	24 12-1:30pm Mission Possible Zoom Drop-In Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop	25 10-11am Just Breathe In-Person CANCELLED by Library 10-11am Zoom Drop-In	26 11am-12pm Just Breathe Zoom Drop-In
29 Opportunity for Self- Practice https://insighttimer.com/en-ca	30 10-11:30am Conversations Zoom Drop-In Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop			