



- Click on [www.halton.cmha.ca/peer-support](http://www.halton.cmha.ca/peer-support) to view program flyers. Register at [www.halton.cmha.ca/peerregistration](http://www.halton.cmha.ca/peerregistration).
- For the Family-to-Family group, email [familytofamily@cmhahrb.ca](mailto: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



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>May 6-12 is CMHA Mental Health Awareness Week – Compassion Connects</p>		<p>12-1:30pm Mission Possible Zoom Drop-In</p> <p>Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop</p>	<p>10-11am Just Breathe Central Library Burlington In-Person</p>	<p>11am-12pm Just Breathe Zoom Drop-In</p>
<p>1-2:30pm Just Breathe Iroquois Ridge Library, Oakville All Ages In-Person Drop-In No registration Required</p>	<p>10-11:30am Conversations Zoom Drop-In</p> <p>Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop</p>	<p>12-1:30pm Mission Possible Zoom Drop-In</p> <p>Family to Family 6-8:30pm Registration Required 8 week Zoom Workshop</p>	<p>10-11am Just Breathe Central Library Burlington In-Person</p>	<p>11am-12pm Just Breathe Zoom Drop-In</p>
<p>7-8:30pm Yoga Connection Oak Park Neighborhood Centre, Oakville Registration Required</p>	<p>10-11:30am Conversations Zoom Drop-In</p> <p>Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop</p>	<p>12-1:30pm Mission Possible Zoom Drop-In</p>	<p>10-11am Just Breathe Central Library Burlington In-Person</p>	<p>11am-12pm Just Breathe Zoom Drop-In</p>
<p>CLOSED Victoria Day</p>	<p>10-11:30am Conversations Zoom Drop-In</p> <p>Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop</p>	<p>12-1:30pm Mission Possible Zoom Drop-In</p>	<p>10-11am Just Breathe Central Library Burlington In-Person</p>	<p>11am-12pm Just Breathe Zoom Drop-In</p>
<p>Opportunity for Self- Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a></p>	<p>10-11:30am Conversations Zoom Drop-In Family to Family 1:30-4pm Registration Required 8 week Zoom Workshop</p>	<p>No group</p>	<p>No group</p>	<p>11am-12pm Just Breathe Zoom Drop-In</p>