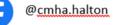


July 2024 Virtual and In-Person Peer Support Groups

- Click on www.halton.cmha.ca/peer-support to view program flyers. Register at www.halton.cmha.ca/peerregistration to receive an email and arrange a 15 minute phone call to answer any questions you may have and to complete the registration process.
 - Weekly drop-in groups continue every week.
 - 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.







Monday	Tuesday	Wednesday	Thursday	Friday
Happy Canada Day Closed	10-11:30am Conversations Zoom Drop-In	10-11am Just Breathe Central Library Burlington In-Person	4 11-12:30pm Mission Possible Zoom Drop-In	5 11am-12pm Just Breathe Zoom Drop-In
Opportunity for Self- Practice https://insighttimercom/en-ca	9 10-11:30am Conversations Zoom Drop-In	10-11am Just Breathe Central Library Burlington In-Person	11-12:30pm Mission Possible Zoom Drop-In	11am-12pm Just Breathe Zoom Drop-In
Opportunity for Self- Practice https://insighttimercom/en-ca	10-11:30am Conversations Zoom Drop-In	10-11am Just Breathe Central Library Burlington In-Person	11-12:30pm Mission Possible Zoom Drop-In	19 11am-12pm Just Breathe Zoom Drop-In
Opportunity for Self- Practice https://insighttimercom/en-ca	10-11:30am Conversations Zoom Drop-In	10-11am Just Breathe Central Library Burlington In-Person	25 11-12:30pm Mission Possible Zoom Drop-In	26 11am-12pm Just Breathe Zoom Drop-In
Opportunity for Self- Practice https://insighttimercom/en-ca	30 10-11:30am Conversations Zoom Drop-In	10-11am Just Breathe Central Library Burlington In-Person		