



- 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,



@cmha.halton



@cmha.halton



@cmhahalton

Instagram and Twitter pages.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy Canada Day Closed	2 10-11:30am Conversations Zoom Drop-In	3 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
8 Opportunity for Self- Practice https://insighttimer.com/en-ca	9 10-11:30am Conversations Zoom Drop-In	10 10-11am Just Breathe Central Library Burlington In-Person	11 11-12:30pm Mission Possible 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	17 10-11am Just Breathe Central Library Burlington In-Person	18 11-12:30pm Mission Possible Zoom Drop-In	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	24 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
29 Opportunity for Self- Practice https://insighttimer.com/en-ca	30 10-11:30am Conversations Zoom Drop-In	31 10-11am Just Breathe Central Library Burlington In-Person		