



Canadian Mental Health Association  
Halton Region Branch  
Mental health for all


# August 2024

## Virtual and In-Person Peer Support Groups


- 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) 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.



[@cmha.halton](https://www.facebook.com/cmha.halton)



[@cmha.halton](https://www.instagram.com/cmha.halton)



[@cmhaHalton](https://twitter.com/cmhaHalton)

Monday	Tuesday	Wednesday	Thursday	Friday
			1 11-12:30pm Mission Possible Zoom Drop-In	2 11am-12pm Just Breathe Zoom Drop-In
5 <b>CIVIC HOLIDAY CLOSED</b>	6 10-11:30am Conversations Zoom Drop-In	7 10-11am Just Breathe Central Library Burlington In-Person	8 11-12:30pm Mission Possible Zoom Drop-In	9 11am-12pm Just Breathe Zoom Drop-In
12 Opportunity for Self- Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	13 10-11:30am Conversations Zoom Drop-In	14 10-11am Just Breathe Central Library Burlington In-Person	15 11-12:30pm Mission Possible Zoom Drop-In	16 11am-12pm Just Breathe Zoom Drop-In
19 Opportunity for Self- Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	20 10-11:30am Conversations Zoom Drop-In	21 10-11am Just Breathe Central Library Burlington In-Person	22 11-12:30pm Mission Possible Zoom Drop-In	23 11am-12pm Just Breathe Zoom Drop-In
26 Opportunity for Self- Practice <a href="https://insighttimer.com/en-ca">https://insighttimer.com/en-ca</a>	27 10-11:30am Conversations Zoom Drop-In	28 10-11am Just Breathe Central Library Burlington In-Person	29 11-12:30pm Mission Possible Zoom Drop-In	30 11am-12pm Just Breathe Zoom Drop-In