






Canadian Mental Health Association
Halton Region Branch
Mental health for all

October 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.  [@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 10am-12pm Conversations Zoom Drop-In	2	3 10-11am Just Breathe Central Library Burlington In-Person	4 11am-12:15pm Just Breathe Zoom Drop-In
7 Opportunity for Self- Practice https://insighttimer.com/en-ca	8 10am-12pm Conversations Zoom Drop-In	9 12pm-2pm Mission Possible Zoom Drop-In	10 10-11am Just Breathe Central Library Burlington In-Person	11 11am-12:15pm Just Breathe Zoom Drop-In
14 Thanksgiving – CMHA closed Opportunity for Self- Practice https://insighttimer.com/en-ca	15 10am-12pm Conversations Zoom Drop-In	16	17 10-11am Just Breathe Central Library Burlington In-Person	18 11am-12:15pm Just Breathe Zoom Drop-In
21 Opportunity for Self- Practice https://insighttimer.com/en-ca	22 10am-12pm Conversations Zoom Drop-In	23 12pm-2pm Mission Possible Zoom Drop-In	24 10-11am Just Breathe Central Library Burlington In-Person	25 11am-12:15pm Just Breathe Zoom Drop-In
28 Opportunity for Self- Practice https://insighttimer.com/en-ca	29 10am-12pm Conversations Zoom Drop-In	30 12pm-2pm Mission Possible Zoom Drop-In	31 10-11am Just Breathe Central Library Burlington In-Person	