






Canadian Mental Health Association
Halton Region Branch
Mental health for all

NOVEMBER 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 11am-12:15pm Just Breathe Zoom Drop-In
4 Opportunity for Self- Practice https://insighttimer.com/en-ca	5 10am-12pm Conversations Zoom Drop-In	6	7 10-11am Just Breathe Central Library Burlington In-Person	8 11am-12:15pm Just Breathe Zoom Drop-In
11 Remembrance Day CMHA CLOSED	12 10am-12pm Conversations Zoom Drop-In	13 12pm-2pm Mission Possible Zoom Drop-In	14 10-11am Just Breathe Central Library Burlington In-Person	15 11am-12:15pm Just Breathe Zoom Drop-In
18 Opportunity for Self- Practice https://insighttimer.com/en-ca	19 10am-12pm Conversations Zoom Drop-In	20 12pm-2pm Mission Possible Zoom Drop-In	21 10-11am Just Breathe Central Library Burlington In-Person	22 11am-12:15pm Just Breathe Zoom Drop-In
25 Opportunity for Self- Practice https://insighttimer.com/en-ca	26 10am-12pm Conversations Zoom Drop-In	27 Nurturing Art Workshop 11am-1pm In Person Drop- In CMHA OFFICE 1540 Cornwall Road, Oakville Unit 102	28 10-11am Just Breathe Central Library Burlington In-Person	29 11am-12:15pm Just Breathe Zoom Drop-In