



Canadian Mental Health Association
Halton Region Branch
Mental health for all


DECEMBER 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
2 Opportunity for Self- Practice https://insighttimer.com/en-ca	3 10am-12pm Conversations Zoom Drop-In	4 12pm-2pm Mission Possible Zoom Drop-In	5 10-11am Just Breathe Central Library Burlington In-Person	6 11am-12:15pm Just Breathe Zoom Drop-In
9 Opportunity for Self- Practice https://insighttimer.com/en-ca	10 10am-12pm Conversations Zoom Drop-In	11	12 10-11am Just Breathe Central Library Burlington In-Person	13 11am-12:15pm Just Breathe Zoom Drop-In
16 Opportunity for Self- Practice https://insighttimer.com/en-ca	17 10am-12pm Conversations Zoom Drop-In	18 12pm-2pm Mission Possible Zoom Drop-In	19 10-11am Just Breathe Central Library Burlington In-Person	20 11am-12:15pm Just Breathe Zoom Drop-In
23 HOLIDAY CONNECTIONS Zoom Drop-In 11AM-1PM	24 Opportunity for Self- Practice https://insighttimer.com/en-ca	25 CMHA CLOSED HOLIDAY	26 CMHA CLOSED HOLIDAY	27 11am-12:15pm Just Breathe Zoom Drop-In
30 10am-12pm Conversations Zoom Drop-In	31 10am-12pm Conversations Zoom Drop-In			