






- 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 HAPPY NEW YEAR!! STAT HOLIDAY	2 Opportunity for Self- Practice https://insighttimer.com/en-ca	3 11am-12:15pm Just Breathe Zoom Drop-In
6 Opportunity for Self- Practice https://insighttimer.com/en-ca	7 10am-12pm Conversations Zoom Drop-In	8 12pm-2pm Mission Possible Zoom Drop-In	9 10-11am Just Breathe Central Library Burlington In-Person	10 11am-12:15pm Just Breathe Zoom Drop-In
13 Opportunity for Self- Practice https://insighttimer.com/en-ca	14 10am-12pm Conversations Zoom Drop-In	15 Opportunity for Self- Practice https://insighttimer.com/en-ca	16 10-11am Just Breathe Central Library Burlington In-Person	17 11am-12:15pm Just Breathe Zoom Drop-In
20 Opportunity for Self- Practice https://insighttimer.com/en-ca	21 10am-12pm Conversations Zoom Drop-In	22 12pm-2pm Mission Possible Zoom Drop-In	23 10-11am Just Breathe Central Library Burlington In-Person	24 11am-12:15pm Just Breathe Zoom Drop-In
27 Opportunity for Self- Practice https://insighttimer.com/en-ca	28 10am-12pm Conversations Zoom Drop-In	29 Opportunity for Self- Practice https://insighttimer.com/en-ca	30 10-11am Just Breathe Central Library Burlington In-Person	31 11am-12:15pm Just Breathe Zoom Drop-In