



- 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.
- Recovery College (RC) Family Matters is 5 Week Registered Program – email familymatters@cmhahrb.ca with any questions
 - All programs are free, and individuals 16 and over are welcome!

For the latest updates on our Peer Support Groups, Recovery College (RC) and calendars, visit our



Facebook, Instagram and Twitter pages.

Virtual Peer Support Group

In-Person Peer Support Group

Recovery College (RC) Group

Monday	Tuesday	Wednesday	Thursday	Friday
3 Opportunity for Self- Practice https://insighttimer.com/en-ca	4 1:30pm-3:30pm Conversations Drop-In-Zoom 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program In-Person	5 10am-12pm Mission Possible Drop-In-Zoom	6 10:30am-12:00pm Just Breathe Central Library Burlington Drop-In In-Person 11:00 -12:00pm RC CHIME Drop-In Group Zoom	7 11am-12:15pm Just Breathe Drop-In-Zoom
10 Opportunity for Self- Practice https://insighttimer.com/en-ca	11 1:30pm-3:30pm Conversations Drop-In-Zoom 6:30pm to 8:00pm Wk1 RC Family Matters 5 Week Registered Program-Zoom	12 11:00-12:30pm Building Blocks In-Person Drop-In CMHA, Oakville 2:00 to 3:30pm Wk1 RC Pathway to Un-Becoming 5 Week Registered Program - Zoom	13 10:30am-12:00pm Just Breathe Central Library Burlington Drop-In In-Person 6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom	14 11am-12:15pm Just Breathe Drop-In-Zoom
17 Opportunity for Self- Practice https://insighttimer.com/en-ca	18 1:30pm-3:30pm Conversations Drop-In-Zoom 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program-Zoom	19 10-11:15am Just Breathe Drop-In- Zoom 2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom	20 10:30am-12:00pm Just Breathe Central Library Burlington Drop-In In-Person 11:00 -12:00pm RC CHIME Drop-In Group Zoom	21 11am-12:15pm Just Breathe Drop-In-Zoom
24 Opportunity for Self- Practice https://insighttimer.com/en-ca	25 1:30pm-3:30pm Conversations Drop-In-Zoom 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program-Zoom	26 2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom	27 10:30am-12:00pm Just Breathe Central Library Burlington Drop-In In-Person 6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom	28 11am-12:15pm Just Breathe Drop-In-Zoom