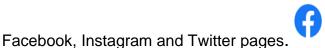


## March 2025

## Virtual and In-Person Peer Support Groups Recovery College Groups

- Register at <a href="www.halton.cmha.ca/peerregistration">www.halton.cmha.ca/peerregistration</a> 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



@cmha.halton





Virtual Peer Support Group

**In-Person Peer Support Group** 

Recovery College (RC) Group

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