



- Register at www.halton.cmha.ca/peerregistration to receive an email and arrange a 15-minute phone call to discuss any questions and complete the registration.
 - *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 and calendars, visit our Facebook, Instagram and Twitter pages.



@cmha.halton



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Virtual Peer Support Group

In-Person Peer Support Group

Recovery College (RC) Group

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:30-12:00pm Just Breathe Central Library Burlington In-Person 2:00pm – 3:30pm RC CHIME Drop-In Group - Zoom	2 11am-12:15pm Just Breathe Zoom Drop-In
5	6 10 am-12 pm Conversations 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program - Zoom	7 11am-1pm Mission Possible Drop-In-Zoom 2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom	8 10:30-12:00pm Just Breathe Central Library Burlington In-Person 6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom	9 11am-12:15pm Just Breathe Zoom Drop-In
12 11 am-12:30 pm RC What's on Your Plate? Drop-in Workshop - Zoom	13 10 am-12 pm Conversations 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program - Zoom	14 11-12:30 RC Building Blocks In-Person 2:00 to 3:30pm RC Pathway to Un-Becoming 5 Week Registered Program - Zoom	15 10:30-12:00pm Just Breathe Central Library Burlington In-Person	16 11am-12:15pm Just Breathe Zoom Drop-In
19 CMHA CLOSED Victoria Day	20 10 am-12 pm Conversations 6:30pm to 8:00pm Wk1 RC Family Matters 5 Week Registered Program-Zoom	21 11am-1pm Mission Possible Drop-In-Zoom	22 10:30-12:00pm Just Breathe Central Library Burlington In-Person 6:30pm-7:30pm RC Family Matters Drop-In Group-Zoom	23 11am-12:15pm Just Breathe Zoom Drop-In
26 1-2:30 pm RC What's on Your Plate? Drop-in Workshop - Zoom	27 10 am-12 pm Conversations 6:30pm to 8:00pm RC Family Matters 5 Week Registered Program-Zoom	28 11:00-12:30pm RC Building Blocks In-Person Drop-In CMHA, Oakville	29 10:30-12:00pm Just Breathe Central Library Burlington In-Person	30 11am-12:15pm Just Breathe Zoom Drop-In