Canadian Mental Health Association Halton
Mental health for all

October 2026

Peer Support Services: Recovery College Fall Semester

For more information and to register, visit: [Recovery College - CMHA Halton]

Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person 1:00-2:30 pm Recovery College Kick-Off CHIME Interactive Zoom Drop-In	2 10:00 am – 11:30 am Just Breathe Zoom Drop-In
5 11:00 am – 12:30 pm Nurturing Art Zoom Drop-In	6 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	7	8 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person 10:00 am – 11:30 am DBT 101 Zoom Drop-In	9
12	13 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	14 11:00 am – 12:30 pm Recovery College Orientation Zoom Drop-In	15 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person	16 10:00 am – 11:30 am Just Breathe Zoom Drop-In
19 11:00 am – 12:30 pm Nurturing Art Zoom Drop-In	20 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	21	22 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person 10:00 am – 11:30 am Boundaries 101 Zoom Drop-In	23
26	27 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	28 11:00 am – 12:30 pm CHIME Interactive Zoom Drop-In	29 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person	30 10:00 am – 11:30 am Just Breathe Zoom Drop-In

Canadian Mental Health Association Halton
1540 Cornwall Road, Unit 102, Oakville, ON L6J 7W5
Office: 1-877-693-4270
www.halton.cmha.ca

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November 2026

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Monday	Tuesday	Wednesday	Thursday	Friday
2 11:00 am – 12:30 pm Nurturing Art Zoom Drop-In	**3** 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	**4** 11:00 am – 12:30 pm Land Based Healing 6-Week Workshop CMHA Oakville Office In Person Registration Required	**5** 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person	**6** 11:00 am – 12:30 pm CHIME Interactive Zoom Drop-In
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23	**24** 10:00 am – 11:30 am Boundaries 6-Week Workshop On Zoom Registration Required	**25** 11:00 am – 12:30 pm Land Based Healing 6-Week Workshop CMHA Oakville Office In Person Registration Required	**26** 10:00 am – 11:30 am Just Breathe Central Library Burlington In-Person 10:00 am – 11:30 am Boundaries 101 CMHA Oakville Office In Person	**27** 10:00 am – 11:30 am Just Breathe Zoom Drop-In
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December 2026

Peer Support Services: Recovery College Fall Semester

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