



CMHA NORTH BAY AND DISTRICT PEER SUPPORT SERVICES – MATTAWA MARCH 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 - Meditation 10:30 - Social Group 1:00 - Motivation 2:00 - Anxiety & Depression 3:15 - Peer Support	2 9:00 - Fear in a Hat 10:30 - OCD 1:00 - Depression 2:00 - Games 3:15 - Peer Support	3 9:00 - Gossip Group 10:30 - Good News Group 1:00 - Taste of the World 2:00 - Jackbox Games 3:15 - Peer Support	4 9:00 - Socializing 10:30 - Arts & Crafts 1:00 - Positive Affirmations 2:00 - Peer Circle 3:15 - Peer Support
7 9:00 - Meditation 10:30 - Arts & Crafts 1:00 - Taste of the World 2:00 - Wellness Group 3:15 - Peer Support	8 9:00 - Life Skills 10:30 - Social Group 1:00 - Basic Computers 2:00 - Anxiety & Depression 3:15 - Peer Support	9 9:00 - Anxiety 10:30 - Life Skills 1:00 - Charades 2:00 - Gossip Group 3:15 - Peer Support	10 9:00 - Basic Computers 10:30 - Good News Group 1:00 - Socialization 2:00 - Jackbox Games 3:15 - Peer Support	11 9:00 - Taste of the World 10:30 - Cards 1:00 - Movie 2:00 - Peer Circle 3:15 - Peer Support
14 9:00 - Choices 10:30 - Anxiety 1:00 - Gossip Group 2:00 - Wellness Group 3:15 - Peer Support	15 9:00 - Life Skills 10:30 - Social Group 1:00 - Taste of the World 2:00 - Anxiety & Depression 3:15 - Peer Support	16 9:00 - Fear in a Hat 10:30 - Budget 1:00 - Socialization 2:00 - Charades 3:15 - Peer Support	17 9:00 - Positive Affirmations 10:30 - Good News Group 1:00 - Arts & Crafts 2:00 - Jackbox Games 3:15 - Peer Support	18 9:00 - Laughing Yoga 10:30 - Acts of Kindness 1:00 - Member's Choice 2:00 - Peer Circle 3:15 - Peer Support
21 9:00 - Gossip Group 10:30 - Life Skills 1:00 - Socialization 2:00 - Wellness Group 3:15 - Peer Support	22 9:00 - Fear in a Hat 10:30 - Social Group 1:00 - Basic Computers 2:00 - Anxiety & Depression 3:15 - Peer Support	23 7-year anniversary celebration for our Peer Support Centre	24 9:00 - Positive Affirmations 10:30 - Good News Group 1:00 - Taste of the World 2:00 - Jackbox Games 3:15 - Peer Support	25 9:00 - Taste of the World 10:30 - Taste of the World 1:00 - Taste of the World 2:00 - Peer Circle 3:15 - Taste of the World
28 9:00 - Meditation 10:30 - Basic Computers 1:00 - Motivation 2:00 - Wellness Group 3:15 - Peer Support	29 9:00 - Positive Affirmations 10:30 - Social Group 1:00 - Motivation 2:00 - Anxiety & Depression 3:15 - Peer Support	30 9:00 - Fear in a Hat 10:30 - NO Means NO 1:00 - Charades 2:00 - Gossip Group 3:15 - Peer Support	31 9:00 - Meditation 10:30 - Good News Group 1:00 - Motivation 2:00 - Jackbox Games 3:15 - Peer Support	



Canadian Mental
Health Association
North Bay and District
Mental Health – Addiction – Peer Support

Association canadienne
pour la santé mentale
North Bay et District
Santé mentale – Toxicomanie – Soutien par les pair