

# CMHA NORTH BAY AND DISTRICT PEER SUPPORT SERVICES - MATTAWA APRIL 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: center;"><b>This month's Taste of The World: UKRAINE</b></p> 				<p>1 <b>9:00</b> - Socializing <b>10:30</b> - Arts &amp; Crafts <b>1:00</b> - Taste of the World <b>2:00</b> - Peer Support Circle <b>3:15</b> - Peer Support</p>
<p>4 <b>9:00</b> - Meditation <b>10:30</b> - Arts &amp; Crafts <b>1:00</b> - PTSD <b>2:00</b> - Wellness Group <b>3:15</b> - Peer Support</p>	<p>5 <b>9:00</b> - Life Skills <b>10:30</b> - Social Group <b>1:00</b> - Anxiety &amp; Depression <b>2:00</b> - Basic Computers <b>3:15</b> - Peer Support</p>	<p>6 <b>9:00</b> - Anxiety <b>10:30</b> - Grief <b>1:00</b> - Charades <b>2:00</b> - Gossip Group <b>3:15</b> - Peer Support</p>	<p>7 <b>9:00</b> - Basic Computers <b>10:30</b> - Good News Group <b>1:00</b> - Socialization <b>2:00</b> - Psychosis <b>3:15</b> - Peer Support</p>	<p>8 <b>9:00</b> - Taste of the World <b>10:30</b> - Cards <b>1:00</b> - Movie <b>2:00</b> - Peer Support Circle <b>3:15</b> - Peer Support</p>
<p>11 <b>9:00</b> - Meditation <b>10:30</b> - Anxiety <b>1:00</b> - Gossip Group <b>2:00</b> - Wellness Group <b>3:15</b> - Peer Support</p>	<p>12 <b>9:00</b> - Life Skills <b>10:30</b> - Social Group <b>1:00</b> - Anxiety &amp; Depression <b>2:00</b> - Taste of the World <b>3:15</b> - Peer Support</p>	<p>13 <b>9:00</b> - Fear in a Hat <b>10:30</b> - Budget <b>1:00</b> - Gossip <b>2:00</b> - Charades <b>3:15</b> - Peer Support</p>	<p>14 <b>9:00</b> - Positive Affirmations <b>10:30</b> - Good News Group <b>1:00</b> - Arts &amp; Crafts <b>2:00</b> - Psychosis <b>3:15</b> - Peer Support</p>	<p>15 <i>Good Friday</i> <b>Closed for the holiday</b></p>
<p>18 <i>Easter Monday</i> <b>Closed for the holiday</b></p>	<p>19 <b>9:00</b> - Fear in a Hat <b>10:30</b> - Social Group <b>1:00</b> - Anxiety &amp; Depression <b>2:00</b> - Basic Computers <b>3:15</b> - Peer Support</p>	<p>20 <b>9:00</b> - Gossip Group <b>10:30</b> - Depression <b>1:00</b> - Socialization <b>2:00</b> - Fear in a Hat <b>3:15</b> - Peer Support</p>	<p>21 <b>9:00</b> - Grief <b>10:30</b> - Good News Group <b>1:00</b> - Basic Computers <b>2:00</b> - Psychosis <b>3:15</b> - Peer Support</p>	<p>22 <b>9:00</b> - Charades <b>10:30</b> - Laughing Yoga <b>1:00</b> - Taste of the World <b>2:00</b> - Peer Support Circle <b>3:15</b> - Peer Support</p>
<p>25 <b>9:00</b> - Small Things <b>10:30</b> - Cards <b>1:00</b> - Healthy Living <b>2:00</b> - Wellness Group <b>3:15</b> - Peer Support</p>	<p>26 <b>9:00</b> - Motivation <b>10:30</b> - Social Group <b>1:00</b> - Anxiety &amp; Depression <b>2:00</b> - Opioid Crisis <b>3:15</b> - Peer Support</p>	<p>27 <b>9:00</b> - Fear in a Hat <b>10:30</b> - NO Means NO! <b>1:00</b> - Charades <b>2:00</b> - Gossip Group <b>3:15</b> - Peer Support</p>	<p>28 <b>9:00</b> - Meditation <b>10:30</b> - Good News Group <b>1:00</b> - Motivation <b>2:00</b> - Psychosis <b>3:15</b> - Peer Support</p>	<p>29 <b>9:00</b> - Taste of the World <b>10:30</b> - Taste of the World <b>1:00</b> - Taste of the World <b>2:00</b> - Peer Support Circle <b>3:15</b> - Peer Support</p>





# April is Stress Awareness Month

Stress affects all of us and is a natural and normal part of life. Long periods of stress, however, have a negative impact on our well-being, both on our mental and physical health. Here are things we can do to deal with the stresses of everyday life.

- **Arming ourselves with knowledge** of our own stressors and the signs our bodies give us to let us know that we are stressed is the first step.
- **Meditation:** Grounding ourselves to the moment; remembering that we can't control everything that life throws at us, but we can control how we react.
- **Exercise:** It's good for our bodies and our minds. Activities like taking the stairs instead of the elevator or walking to work help focus on the moment and boost our endorphins - the brain chemicals that tells us we are happy.
- **Doing something that makes us feel good**, no matter how small, reduces stress levels.



## JOIN US FOR VIRTUAL WELLNESS GROUPS

*Every Monday At 2 p.m.*

Every month we discuss two topics focusing on personal development and self-discovery. This month's topics are:

### Dealing with Bullying and Gossip as Adults

*(April 4 and 11)*

### Creating and Sticking to a Budget

*(April 25)*

To register, click [HERE](#)

For more information, call **705-498-9925** or email [peersupport@nbd.cmha.ca](mailto:peersupport@nbd.cmha.ca)

## CMHA North Bay and District PEER SUPPORT SERVICES

150 Water St.

(Mattawa Medical Building)

Mattawa, ON P0H 1V0

249-358-3562 (Chantale)

249-358-5865 (Ray)

[www.nbd.cmha.ca](http://www.nbd.cmha.ca)

[peersupport@nbd.cmha.ca](mailto:peersupport@nbd.cmha.ca)

## HOURS OF OPERATION

Monday to Friday

8:30 am - 4:30 pm

### CLOSED FOR CLEANING

10:15 - 10:30 am

12 - 1 pm

3 - 3:15 pm



Are you feeling anxious, alone or overwhelmed and looking for someone to talk to?

**Peer Support Line: 705-498-9925**



Canadian Mental Health Association  
North Bay and District

Association canadienne pour la santé mentale  
North Bay et District

## CMHA North Bay and District PEER SUPPORT SERVICES

# MATTAWA

150 Water St.

(Mattawa Medical Building)

Mattawa

## CALENDAR OF EVENTS

# April 2022

Follow us on social media



@CMHANBD

