





















# OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>8:45</b> Productivity 3  <b>10:30</b> Wellness: Keeping Your Mind Active  <b>1:15</b> Afternoon in the Park  <b>3:00</b> Peer Support</p> <p><b>2:00 Wellness group</b> </p>	<p><b>8:45</b> Productivity 4  <b>10:30</b> Anxiety &amp; Depression: Phobias  <b>1:15</b> Halloween Decorating  <b>3:00</b> Peer Support</p> <p><b>1:00 Anxiety &amp; Depression</b> </p>	<p><b>8:45</b> Productivity 5  <b>10:30</b> Members' Meeting: Brunch  <b>1:15</b> Members' Meeting: Birthday Celebration  <b>3:00</b> Peer Support</p>	<p><b>8:45</b> Productivity 6  <b>10:30</b> Personal Development: Monthly Goal-Setting  <b>1:15</b> Therapy Dogs / Tech Q&amp;A  <b>3:00</b> Peer Support</p> <p><b>10:30 Online Peer Coping</b>   <b>1:00 Personal Development</b> </p>	<p><b>8:45</b> Productivity 7  <b>10:30</b> Healthy Living: Open Gym  <b>1:15</b> Movie: Freaky Friday  <b>3:00</b> Peer Support</p> <p><b>2:00 Peer Circle</b> </p>
<p><b>THANKSGIVING</b>  Offices closed</p>	<p><b>8:45</b> Productivity 10  <b>10:30</b> Anxiety &amp; Depression: Irritability  <b>1:15</b> Psychosis 101*  <b>3:00</b> Peer Support</p> <p><b>1:00 Anxiety &amp; Depression</b> </p>	<p><b>8:45</b> Productivity 11  <b>10:30</b> Fall Leaf Art (Part 1)  <b>1:15</b> Fall Leaf Art (Part 2)  <b>3:00</b> Peer Support</p>	<p><b>8:45</b> Productivity 12  <b>10:30</b> Personal Development: Finding Humour in Your Life  <b>1:15</b> Anxiety &amp; Depression  <b>3:00</b> Peer Support</p> <p><b>10:30 Online Peer Coping</b>   <b>1:00 Personal Development</b> </p>	<p><b>8:45</b> Productivity 13  <b>10:30</b> Healthy Living: Zumba  <b>1:15</b> Karaoke (Part 1)  <b>3:00</b> Karaoke (Part 2)</p> <p><b>2:00 Peer Circle</b> </p>
<p><b>8:45</b> Productivity 17  <b>10:30</b> Wellness: Radical Acceptance (Part 1)  <b>1:15</b> Hobby Group  <b>3:00</b> Peer Support</p> <p><b>2:00 Wellness group</b> </p>	<p><b>8:45</b> Productivity 18  <b>10:30</b> Anxiety &amp; Depression: Eating Disorders  <b>1:15</b> Healthy Living: Jazzercise  <b>3:00</b> Peer Support</p> <p><b>1:00 Anxiety &amp; Depression</b> </p>	<p><b>8:45</b> Productivity 19  <b>10:30</b> Bingo  <b>1:15</b> Family Feud  <b>3:00</b> Peer Support</p>	<p><b>8:45</b> Productivity 20  <b>10:30</b> Personal Development: Managing Stress  <b>1:15</b> Therapy Dogs / Tech Q&amp;A  <b>3:00</b> Peer Support</p> <p><b>10:30 Online Peer Coping</b>   <b>1:00 Personal Development</b> </p>	<p><b>8:45</b> Productivity 21  <b>10:30</b> Healthy Living: Open Gym  <b>1:15</b> Movie: Nightmare Before Christmas  <b>3:00</b> Peer Support</p> <p><b>2:00 Peer Circle</b> </p>
<p><b>8:45</b> Productivity 24  <b>10:30</b> Wellness: Radical Acceptance (Part 2)  <b>1:15</b> Healthy Living: Tai Chi  <b>3:00</b> Peer Support</p> <p><b>2:00 Wellness group</b> </p>	<p><b>8:45</b> Productivity 25  <b>10:30</b> Anxiety &amp; Depression: Separation Anxiety  <b>1:15</b> Healthy Living: Open Gym  <b>3:00</b> Peer Support</p> <p><b>1:00 Anxiety &amp; Depression</b> </p>	<p><b>8:45</b> Productivity 26  <b>10:30</b> Pictionary  <b>1:15</b> Tea Light Candle-Making  <b>3:00</b> Peer Support</p>	<p><b>8:45</b> Productivity 27  <b>10:30</b> Personal Development: Coping with Change  <b>1:15</b> Anxiety &amp; Depression  <b>3:00</b> Peer Support</p> <p><b>10:30 Online Peer Coping</b>   <b>1:00 Personal Development</b> </p>	<p><b>8:45</b> Productivity 28  <b>10:30</b> Healthy Living: Chair Yoga  <b>1:15</b> Karaoke (Part 1)  <b>3:00</b> Karaoke (Part 2)</p> <p><b>2:00 Peer Circle</b> </p>
<p><b>8:45</b> Productivity 31  <b>10:30</b> Halloween Bingo  <b>1:15</b> Halloween Dance Party  <b>3:00</b> Halloween Costume Competition</p> <p><b>2:00 Wellness group</b> </p>	<p>*Presented by the Regional Early Intervention in Psychosis Program</p>			

## I'M THANKFUL FOR ...

Originally intended to celebrate the summer harvest, Thanksgiving is also a day to give thanks for the positive things in our lives.

Sometimes, however, we can find it challenging to think of something to be grateful for, especially when we experience hard times.

Join us on Oct. 13 for our Personal Development Group ***Finding Humour in Your Life*** and learn how to look past the negatives and find the positive.

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

## PEER SUPPORT NAVIGATOR

Going to the hospital can be a stressful experience for anyone. If you are visiting the emergency room of the North Bay Regional Health Centre and feel overwhelmed, ask for a Peer Support Navigator.

A trained Peer Support specialist will come and talk with you while you wait to see a doctor.

A Navigator is available from 11 a.m. to 7 p.m.

## VIRTUAL WELLNESS GROUP

Every Monday at 10:30 am (in-person) or 2 pm (virtual)

This month's theme: **"Intellectual"**

**Keeping Your Mind Active** (Oct. 3)

**Radical Acceptance** (Oct. 17 & 24)

(There will be no wellness group on Oct. 31)

To register for any of our virtual groups, click [HERE](#) or scan the QR code



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

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705-476-4088

[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 DAILY FOR LUNCH

12 - 1pm

## CLOSED FOR CLEANING

10:15 - 10:30 am

1 - 1:15 pm

2:45 - 3 pm



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

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

**Members' Line: 705-494-8088**



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

# CENTRAL

351 Ferguson St.  
North Bay

## CALENDAR OF EVENTS

# OCTOBER 2022



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