



















OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>9:00 Meditation 10:30 Being Grateful 1:00 Board Games 3:15 Peer Support</p> <p>2:00 Wellness group </p>	<p>4</p> <p>9:00 Motivation 10:30 Basic Computers 2:00 Spirituality 3:15 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>5</p> <p>9:00 Fear in a Hat 10:30 What is Thanksgiving 1:00 Sleeping Well 2:00 Walking Group 3:15 Peer Support</p>	<p>6</p> <p>9:00 Basic Computers 2:00 Healthy Living 3:15 Peer Support</p> <p>10:30 Online Peer Coping  1:00 Personal Development</p>	<p>7</p> <p>9:00 Cards 10:30 Laugh Yoga 1:00 Taste of the World 3:15 Peer Support</p> <p>2:00 Peer Circle </p>
<p>10</p> <p>Thanksgiving Offices closed</p>	<p>11</p> <p>9:00 Life Skills 10:30 Basic Computers 2:00 Walking Group 3:15 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>12</p> <p>9:00 Fear in a Hat 10:30 3000 Questions 1:00 Charades 2:00 Gossip Group 3:15 Peer Support</p>	<p>13</p> <p>9:00 Basic Computers 2:00 No Means No 3:15 Peer Support</p> <p>10:30 Online Peer Coping  1:00 Personal Development</p>	<p>14</p> <p>9:00 Taste of the World 10:30 Cards 1:00 Movie 3:15 Peer Support</p> <p>2:00 Peer Circle </p>
<p>17</p> <p>9:00 Meditation 10:30 Cards 1:00 Chair Yoga 3:15 Peer Support</p> <p>2:00 Wellness group </p>	<p>18</p> <p>9:00 Emotional Healing 10:30 Basic Computers 2:00 Spirituality 3:15 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>19</p> <p>9:00 Fear in a Hat 10:30 Budget 1:00 Gossip Group 2:00 3000 Questions 3:15 Peer Support</p>	<p>20</p> <p>9:00 Basic Computers 2:00 Cards 3:15 Peer Support</p> <p>10:30 Online Peer Coping  1:00 Personal Development</p>	<p>21</p> <p>9:00 Charades 10:30 Laugh Yoga 1:00 Taste of the World 3:15 Peer Support</p> <p>2:00 Peer Circle </p>
<p>24</p> <p>9:00 Meditation 10:30 Arts & Crafts 1:00 Chair Yoga 3:15 Peer Support</p> <p>2:00 Wellness group </p>	<p>25</p> <p>9:00 3000 Questions 10:30 Basic Computers 2:00 Walking Group 3:15 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>26</p> <p>9:00 Fear in a Hat 10:30 Depression 1:00 Socialization 2:00 Fear in a Hat 3:15 Peer Support</p>	<p>27</p> <p>9:00 Basic Computers 2:00 Charades 3:15 Peer Support</p> <p>10:30 Online Peer Coping  1:00 Personal Development</p>	<p>28</p> <p>9:00 Taste of the World 10:30 Taste of the World 1:00 Taste of the World 3:15 Peer Support</p> <p>2:00 Peer Circle </p>
<p>31</p> <p>9:00 Meditation 10:30 Cards 1:00 Chair Yoga 3:15 Peer Support</p> <p>2:00 Wellness group </p>	<p>This month's Taste of the World FINLAND</p> 			<p>DID YOU KNOW? You can come to Peer Support Services' Mattawa drop-in centre to take part in virtual groups? </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 at our North Bay location 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

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

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

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 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

OCTOBER 2022



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