



















# FEBRUARY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1</p> <p><b>8:45</b> Productivity  <b>10:30</b> Member's Meeting: Brunch  <b>1:15</b> Member's Meeting: Birthday Celebration  <b>3:00</b> Peer Support</p>	<p>2</p> <p><b>8:45</b> Productivity  <b>10:30</b> Personal Development: Monthly Goal Setting &amp; Scrapbook  <b>1:15</b> Movie: Top Gun  <b>3:00</b> Peer Support  <b>1:00 Personal Development</b> </p>	<p>3</p> <p><b>8:45</b> Productivity  <b>10:30</b> Hobby Group: Crafts  <b>3:00</b> Peer Support  <b>2:00 Peer Circle</b> </p>
<p>6</p> <p><b>8:45</b> Productivity  <b>10:30</b> Charades  <b>1:15</b> Pictionary  <b>3:00</b> Peer Support  <b>2:00 Wellness group</b> </p>	<p>7</p> <p><b>ALL DAY:</b>  LERN Peer Support Strong Virtual Conference  <b>1:00 Anxiety &amp; Depression</b> </p>	<p>8</p> <p><b>8:45</b> Productivity  <b>1:15</b> Paint Therapy  <b>3:00</b> Peer Support  <b>10:30 Grief Support Group</b> </p>	<p>9</p> <p><b>8:45</b> Productivity  <b>10:30</b> Personal Development: Finding Humour in Your Life  <b>1:15</b> Hobby Group: Crafts  <b>3:00</b> Peer Support  <b>1:00 Personal Development</b> </p>	<p>10</p> <p><b>8:45</b> Productivity  <b>10:30</b> Healthy Cookbook  <b>1:15</b> Karaoke  <b>2:00 Peer Circle</b> </p>
<p>13</p> <p><b>8:45</b> Productivity  <b>10:30</b> Wellness: Listen to Your Body  <b>1:15</b> Card-O  <b>3:00</b> Peer Support  <b>2:00 Wellness group</b> </p>	<p>14</p> <p><b>8:45</b> Productivity  <b>10:30</b> Anxiety &amp; Depression: Learning to Love Yourself  <b>1:15</b> Valentine's Day Dance  <b>3:00</b> Peer Support  <b>1:00 Anxiety &amp; Depression</b> </p>	<p>15</p> <p><b>8:45</b> Productivity  <b>1:15</b> Guest Speakers: HCAP Presentation*  <b>3:00</b> Peer Support  <b>10:30 Grief Support Group</b> </p>	<p>16</p> <p><b>8:45</b> Productivity  <b>10:30</b> Personal Development: Identify Your Values &amp; Morals  <b>1:15</b> Guest Speaker: Local EMS**  <b>3:00</b> Peer Support  <b>1:00 Personal Development</b> </p>	<p>17</p> <p><b>8:45</b> Productivity  <b>10:30</b> Macramé Basics  <b>3:00</b> Peer Support  <b>2:00 Peer Circle</b> </p>
<p>20</p> <p><b>CLOSED</b>  (Family Day)</p>	<p>21</p> <p><b>8:45</b> Productivity  <b>10:30</b> Anxiety &amp; Depression: Leaving Your Comfort Zone  <b>1:15</b> Healthy Living: Chair Yoga  <b>3:00</b> Peer Support  <b>1:00 Anxiety &amp; Depression</b> </p>	<p>22</p> <p><b>8:45</b> Productivity  <b>1:15</b> Bingo  <b>3:00</b> Peer Support  <b>10:30 Grief Support Group</b> </p>	<p>23</p> <p><b>8:45</b> Productivity  <b>10:30</b> Personal Development: Personal Growth  <b>1:15</b> Movie: Venom  <b>3:00</b> Peer Support  <b>1:00 Personal Development</b> </p>	<p>24</p> <p><b>8:45</b> Productivity  <b>11:00</b> Macramé Pillowcase  <b>1:15</b> Karaoke  <b>2:00 Peer Circle</b> </p>
<p>27</p> <p><b>8:45</b> Productivity  <b>10:30</b> Wellness: Healthy Habits  <b>1:15</b> Family Feud  <b>3:00</b> Peer Support  <b>2:00 Wellness group</b> </p>	<p>28</p> <p><b>8:45</b> Productivity  <b>10:30</b> Anxiety &amp; Depression: Learning to Build Trust  <b>1:15</b> Healthy Living: Zumba  <b>3:00</b> Peer Support  <b>1:00 Anxiety &amp; Depression</b> </p>	<p>*Benji Nelson and Cassidy Tompkins from CMHA North Bay and District's Healthy Community Ambassador Program will provide general information and details about this program.</p>	<p>**A representative of the Community Paramedicine Program will provide general health information and details about this program.</p>	

## NEW VIRTUAL GROUP OPTION

We have a new virtual group! Our Grief Support Group is now offered in person AND virtually every Wednesday at 10:30 a.m. You can attend at our Central or Mattawa location or via ZOOM from the comfort of your own home. This group is facilitated by a certified grief and bereavement trainer who will assist you on your journey through the grief process.

## WELLNESS GROUP

*Mondays at 10:30 am (in-person) or 2 pm (virtual)*

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

Feb. 6: **Open Discussion**

Feb. 13: **Listen to Your Body**

Feb. 27: **Healthy Habits**



## PERSONAL DEVELOPMENT

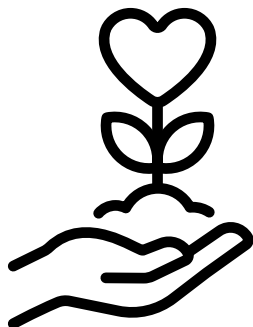
*Thursdays at 10:30 am (in-person) or 1 pm (virtual)*

Feb. 2: **Monthly Goal Planning & Scrapbooking**

Feb. 9: **Finding Humour in Your Life**

Feb. 16: **Identifying Your Values & Morals**

Feb. 23: **Personal Growth**



To register for 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

351 Ferguson St., 3rd Floor

North Bay, ON

P1B 1X1

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

# FEBRUARY 2023



Follow us on social media



@CMHANBD