

























# MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>Taste of the World : UNITED STATES OF AMERICA</b> 	1 <b>8:45</b> Socializing <b>1:00</b> Gossip Group <b>2:00</b> Life Skills <b>3:15</b> Peer Support <b>10:30 Grief Support Group</b> 	2 <b>8:45</b> Socializing <b>10:30</b> Acts of Kindness <b>2:00</b> Healthy Living <b>3:15</b> Peer Support <b>1:00 Personal Development</b> 	3 <b>8:45</b> Socializing <b>10:30</b> Laugh Yoga <b>1:00</b> Taste of the World <b>3:15</b> Peer Support <b>2:00 Peer Circle</b> 
6 <b>8:45</b> Socializing <b>10:30</b> Art Therapy <b>1:00</b> Chair Yoga <b>3:15</b> Peer Support <b>2:00 Wellness group</b> 	7 <b>8:45</b> Socializing <b>10:30</b> Basic Computers <b>2:00</b> Friendship <b>3:15</b> Peer Support <b>1:00 Anxiety &amp; Depression</b> 	8 <b>8:45</b> Socializing <b>1:00</b> Meditation <b>2:00</b> Emotional Healing <b>3:15</b> Peer Support <b>10:30 Grief Support Group</b> 	9 <b>8:45</b> Socializing <b>10:30</b> Gossip Group <b>2:00</b> No Means No <b>3:15</b> Peer Support <b>1:00 Personal Development</b> 	10 <b>8:45</b> Socializing <b>10:30</b> Budgeting <b>1:00</b> Taste of the World <b>3:15</b> Peer Support <b>2:00 Peer Circle</b> 
13 <b>8:45</b> Socializing <b>10:30</b> Bad Habits <b>1:00</b> Forgiveness <b>3:15</b> Peer Support <b>2:00 Wellness group</b> 	14 <b>8:45</b> Socializing <b>10:30</b> Basic Computers <b>2:00</b> Negativity of Social Media <b>3:15</b> Peer Support <b>1:00 Anxiety &amp; Depression</b> 	15 <b>8:45</b> Socializing <b>1:00</b> Gossip Group <b>2:00</b> Life Skills <b>3:15</b> Peer Support <b>10:30 Grief Support Group</b> 	16 <b>8:45</b> Socializing <b>10:30</b> Acts of Kindness <b>2:00</b> Healthy Living <b>3:15</b> Peer Support <b>1:00 Personal Development</b> 	17 <b>8:45</b> Socializing <b>10:30</b> Laugh Yoga <b>1:00</b> Taste of the World <b>3:15</b> Peer Support <b>2:00 Peer Circle</b> 
20 <b>8:45</b> Socializing <b>10:30</b> Art Therapy <b>1:00</b> Chair Yoga <b>3:15</b> Peer Support <b>2:00 Wellness group</b> 	21 <b>8:45</b> Socializing <b>10:30</b> Basic Computers <b>2:00</b> Friendship <b>3:15</b> Peer Support <b>1:00 Anxiety &amp; Depression</b> 	22 <b>8:45</b> Socializing <b>1:00</b> Meditation <b>2:00</b> Emotional Healing <b>3:15</b> Peer Support <b>10:30 Grief Support Group</b> 	23 <b>8:45</b> Socializing <b>10:30</b> Gossip Group <b>2:00</b> No Means No <b>3:15</b> Peer Support <b>1:00 Personal Development</b> 	24 <b>8:45</b> Spring Fling Party <b>1:00</b> Taste of the World <b>3:15</b> Peer Support <b>2:00 Peer Circle</b> 
27 <b>8:45</b> Socialization <b>10:30</b> Bad Habits <b>1:00</b> Forgiveness <b>3:15</b> Peer Support <b>2:00 Wellness group</b> 	28 <b>8:45</b> Socializing <b>10:30</b> Basic Computers <b>2:00</b> Negativity of Social Media <b>3:15</b> Peer Support <b>1:00 Anxiety &amp; Depression</b> 	29 <b>8:45</b> Socializing <b>1:00</b> Gossip Group <b>2:00</b> Life Skills <b>3:15</b> Peer Support <b>10:30 Grief Support Group</b> 	30 <b>8:45</b> Socializing <b>10:30</b> Acts of Kindness <b>2:00</b> Healthy Living <b>3:15</b> Peer Support <b>1:00 Personal Development</b> 	31 <b>8:45</b> Taste of the World <b>10:30</b> Taste of the World <b>1:00</b> Taste of the World <b>3:15</b> Peer Support <b>2:00 Peer Circle</b> 

## SPRING FLING!

Spring is getting nearer!

The spring equinox, which arrives March 20, marks the change in season, bringing longer days, warmer weather, and beautiful spring flowers.

Come and join us on Friday, March 24 from 8:45 am to 12 pm to celebrate the season of growth and transformations!

Music, snacks, games, and so much more!

## TASTE OF THE WORLD

This month, we are taking a trip to our neighbours to the south – the United States of America.

Join us on Fridays to learn about their culture, geography, special holidays, and so much more! No trip is complete without tasting the local cuisine and staple foods on the last Friday of the month.



## VIRTUAL GROUPS

Join us in person or virtually!

Mondays @ 2 pm: **Wellness Group**

Tuesdays @ 1 pm: **Anxiety & Depression Support Group**

Wednesdays @ 10:30 am: **Grief Support Group**

Thursdays @ 1 pm: **Personal Development**

Fridays @ 2 pm: **Peer Support Circle**



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

For more information, call 249-358-3562  
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 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

# MONTH 2023



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