

SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Virtual and in-person Guest Speaker Movie	Morgan Barnabe CMHA North Bay and District Housing Case Manager	Dave Vezina CMHA North Bay and District Residential Peer Support		1 8:45 Productivity 10:30 Paint Therapy 2:00 Peer Circle 3:00 Peer Support
4 <div style="background-color: #009688; color: white; padding: 10px; display: inline-block; border: 1px solid white; border-radius: 10px; margin: 10px 0;"> CLOSED </div> LABOUR DAY	5 8:45 Productivity 10:30 Healthy Eating 1:00 Chair Yoga 3:00 Peer Support	6 8:45 Productivity 10:30 Grief Support Group 1:00 Afternoon in the Park 3:00 Peer Support	7 8:45 Productivity 10:30 Goal Planning 1:00 Residential Tenancies Act Information Session 3:00 Peer Support	8 8:45 Productivity 10:30 Art Therapy: Dream Catchers 1:00 Karaoke
11 8:45 Productivity 10:30 Family Feud 2:00 Wellness group 3:00 Peer Support	12 8:45 Productivity 10:30 Self-Care 1:00 Let's Talk Gossip 3:00 Peer Support	13 8:45 Productivity 10:30 Grief Support Group 2:00 Bowling at Partners 3:30 Peer Support	14 8:45 Productivity 10:30 Dealing with Difficult People 1:00 Field of Dreams 3:00 Peer Support	15 8:45 Productivity 10:30 Paint Therapy 2:00 Peer Circle 3:00 Peer Support
18 8:45 Productivity 10:30 Pictionary 2:00 Wellness group 3:00 Peer Support	19 8:45 Productivity 10:30 Inclusivity 1:00 Meditation Session 3:00 Peer Support	20 8:45 Productivity 10:30 Grief Support Group 1:30 Campfire Songs with Dave Vezina 3:00 Peer Support	21 8:45 Productivity 10:30 Mindfulness in Everyday Life 1:00 Words Hurt 3:00 Peer Support	22 8:45 Productivity 10:30 Paint Therapy 1:00 Karaoke
25 8:45 Productivity 10:30 Card-O 2:00 Wellness group 3:00 Peer Support	26 8:45 Productivity 10:30 Social Communication Disorder 1:00 Bingo 3:00 Peer Support	27 8:45 Productivity 10:30 Grief Support Group 1:00 Dice 10,000 Tournament 3:00 Peer Support	28 8:45 Productivity 10:30 Living a Balanced Lifestyle 1:00 Angel & the Badman 3:00 Peer Support	29 <div style="background-color: #ff9800; color: white; padding: 10px; display: inline-block; border: 1px solid white; border-radius: 10px; margin: 10px 0;"> CLOSED </div> FOR STAFF EDUCATION DAY

RESIDENTIAL TENANCIES ACT

The Residential Tenancies Act is the law for landlords and tenants to follow when renting an apartment. The act covers everything from landlord obligations such as how much a landlord can raise your rent, to the rights and responsibilities of tenants such as maintaining your apartment and reasonable enjoyment of living. Join us Sept. 7 at 1 p.m. to learn more about tenant rights with Morgan Barnabe, Housing Case Manager at CMHA NBD. To join virtually, register using the QR code below.



THE POWER OF WORDS

Our personal narrative and how we choose to speak about other people is impactful on the wellbeing of ourselves and others. Join us on Sept. 12 at 1 p.m. to discuss the impact of gossip and Sept 21 at 1 p.m. to explore the power of words.



WELLNESS GROUP



Mondays at 2 pm (virtual & in-person)

This month's theme: **Physical**

Sept. 11 - Gut-Brain Connection

Sept. 18 - Eating Healthy on a Budget

Sept. 25 - Listen to Your Body



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

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
peersupport@nbd.cmha.ca

HOURS OF OPERATION

Monday to Friday

8:30 am - 4:30 pm

CLOSED DAILY FOR LUNCH

12:00 - 1:00 pm

Follow us on social media



@CMHANBD



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

PEER SUPPORT SERVICES CENTRAL

351 Ferguson St.
North Bay

CALENDAR OF EVENTS

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