







SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Virtual and in-person  Guest Speaker	Taste of the World: Cuba 	Morgan Barnabe  CMHA North Bay and District Housing Case Manager		1 8:45 Socializing 10:30 Laugh Yoga 1:00 Taste of the World 2:00 Peer Circle 3:00 Peer Support
4 CLOSED LABOUR DAY	5 8:45 Socializing 10:30 Basic Computers 1:00 Life Skills 2:00 Healthy Eating 3:00 Peer Support	6 8:45 Socializing 10:30 Grief Support Group 1:00 Self-Love 2:30 Healthy Living 3:00 Peer Support	7 8:45 Socializing 10:30 Arts & Crafts 1:00 Residential Tenancies Act Information Session  2:00 Goal Planning 3:00 Peer Support	8 8:45 Socializing 10:30 Movie 1:00 Chair Yoga 2:00 Peer Circle 3:00 Peer Support
11 8:45 Socializing 10:30 Emotions 1:00 Chair Yoga 2:00 Gut-Brain Connection 3:00 Peer Support	12 8:45 Socializing 10:30 Recipes 1:00 Motivation 2:00 Self-Care 3:00 Peer Support	13 8:45 Socializing 10:30 Grief Support Group 1:00 Bowling at Partner's in North Bay  4:00 Peer Support	14 8:45 Socializing 10:30 Honesty 1:00 3000 Questions 2:00 Dealing with Difficult People 3:00 Peer Support	15 8:45 Socializing 10:30 Laugh Yoga 1:00 Taste of the World 2:00 Peer Circle 3:00 Peer Support
18 8:45 Socializing 10:30 Fear in a Hat 1:00 Chair Yoga 2:00 Eating Healthy on a Budget 3:00 Peer Support	19 8:45 Socializing 10:30 Basic Computers 1:00 Life Skills 2:00 Inclusivity 3:00 Peer Support	20 8:45 Socializing 10:30 Grief Support Group 1:00 Self-Love 2:00 Healthy Living 3:00 Peer Support	21 8:45 Socializing 10:30 Arts & Crafts 1:00 Budgeting 2:00 Everyday Mindfulness 3:00 Peer Support	22 8:45 Socializing 10:30 Movie 1:00 Taste of the World 2:00 Peer Circle 3:00 Peer Support
25 8:45 Socializing 10:30 Emotions 1:00 Chair Yoga 2:00 Listen to Your Body 3:00 Peer Support	26 8:45 Socializing 10:30 Recipes 1:00 Motivation 2:00 Social Communication Disorder 3:00 Peer Support	27 8:45 Socializing 10:30 Grief Support Group 1:00 Positive Affirmations 2:00 Basic Computers 3:00 Peer Support	28 8:45 Socializing 10:30 Honesty 1:00 3000 Questions 2:00 Living a Balanced Lifestyle 3:00 Peer Support	29 CLOSED FOR STAFF EDUCATION DAY

RESIDENTIAL TENANCIES ACT

The Residential Tenancies Act consists of laws 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, registre using the QR code below.



TASTE OF THE WORLD

This month we are using our passports to explore **Cuba**. 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.



SUPPORT GROUPS

Virtual and in-person

Mondays at 2 pm: **Wellness Group**
Tuesdays at 2 pm: **Anxiety & Depression Support Group**
Wednesdays at 10:30 am: **Grief Support Group**
Thursdays at 2 pm: **Personal Development**
Fridays at 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

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

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



Canadian Mental
Health Association
North Bay and District

Association canadienne
pour la santé mentale
North Bay et District

PEER SUPPORT SERVICES MATTAWA

150 Water St.
(Mattawa Medical Building)

CALENDAR OF EVENTS

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