

OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <p>8:45 Productivity 9:30 Family Feud 2:00 Wellness group 3:00 Peer Support</p>	<div>3</div> <p>8:45 Productivity 10:30 Personality Disorders 1:30 Fear in a Hat 3:00 Peer Support</p>	<div>4</div> <p>8:45 Productivity 10:30 Grief Support Group 1:30 Member's Meeting 3:00 Peer Support</p>	<div>5</div> <p>8:45 Productivity 10:30 Monthly Goal Planning & Scrapbooking 1:00 Haunted Mansion 3:00 Peer Support</p>	<div>6</div> <p>8:45 Productivity 10:30 Halloween Decorations 1:30 Karaoke</p>
<div>9</div> <p>CLOSED</p>	<div>10</div> <p>8:45 Productivity 10:30 Borderline Personality Disorder 1:00 Let's Talk About Gossip 3:00 Peer Support</p>	<div>11</div> <p>8:45 Productivity 10:30 Grief Support Group 1:00 Afternoon of Games 3:00 Peer Support</p>	<div>12</div> <p>8:45 Productivity 10:30 Dealing Negativity 2:00 EMS: Overdose 3:00 Peer Support</p>	<div>13</div> <p>8:45 Productivity 10:30 Halloween Decorations 2:00 Peer Circle 3:00 Peer Support</p>
<div>16</div> <p>8:45 Productivity 10:30 Card-O 2:00 Wellness group 3:00 Peer Support</p>	<div>17</div> <p>8:45 Productivity 10:30 Attention Deficit Disorder 1:30 Friendship & Self-Love with Mama Bear 3:00 Peer Support</p>	<div>18</div> <p>8:45 Productivity 10:30 Grief Support Group 2:00 Meditation Session 3:30 Peer Support</p>	<div>19</div> <p>8:45 Productivity 10:30 Personal Growth 2:00 YES Employment Workshop 3:00 Peer Support</p>	<div>20</div> <p>8:45 Productivity 10:30 Halloween Decorations 1:30 Karaoke</p>
<div>23</div> <p>8:45 Productivity 10:30 Yard-Zee 2:00 Wellness group 3:00 Peer Support</p>	<div>24</div> <p>8:45 Productivity 10:30 Hypochondria 1:00 Charades Tournament 3:00 Peer Support</p>	<div>25</div> <p>8:45 Productivity 10:30 Grief Support Group 1:30 Bingo 3:00 Peer Support</p>	<div>26</div> <p>8:45 Productivity 10:30 Forgiveness 1:00 Nightmare Before Christmas 3:00 Peer Support</p>	<div>27</div> <p>8:45 Productivity 10:30 Paint Therapy 2:00 Peer Circle 3:00 Peer Support</p>
<div>30</div> <p>8:45 Productivity 10:30 Pictionary 2:00 Wellness group 3:00 Peer Support</p>	<div>31</div> <p>8:45 Productivity 10:30 Spirituality & Mental Health 1:30 HALLOWEEN Dance Party!</p>	<p>Tanya Bouchard Community Paramedic</p>	<p>Chantale Michaud Peer Support Specialist</p>	<p>Virtual and in-person Guest Speaker Movie</p>

MAMA BEAR: FRIENDSHIP & SELF-LOVE

“Mama Bear” Chantale Michaud, Peer Support Specialist, returns Oct. 17 at 1:30 pm to host a group focusing on friendship and self-care as part of our Emotional Wellbeing theme for the month of October.



YES EMPLOYMENT WORKSHOP

Central and YES Employment have come together to offer members employment-related workshops and personalized guidance. Join us on Oct. 19 at 2 pm for our first YES Employment workshop!



HALLOWEEN DANCE PARTY!

Halloween is a fun time for all! Join us on Oct. 31 at 1:30 pm for a Halloween Dance Party! There will be snacks, music, and prizes for best costumes!



WELLNESS GROUP



Mondays at 2 pm (virtual & in-person)

This month's theme: Emotional
Oct. 2 - Healthy Communication
Oct. 16 - Self-Care
Oct. 23 & 30 - Self-Love & Forgiveness



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
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705-476-4088

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
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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