

# OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right;">2</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> ABC Mental Health</p> <p><b>1:00</b> Happiness/Mind Set</p> <p><b>2:00</b> <b>Healthy Communication</b></p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">3</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Art Therapy</p> <p><b>2:00</b> <b>Personality Disorders</b></p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">4</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> <b>Grief Support Group</b></p> <p><b>1:00</b> Chair Yoga</p> <p><b>2:00</b> Friendships</p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">5</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> Art Therapy</p> <p><b>1:00</b> Fear in a Hat</p> <p><b>2:00</b> <b>Goal Planning</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">6</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Taste of the World</p> <p><b>2:00</b> <b>Peer Circle</b></p> <p><b>3:15</b> Peer Support</p>
<div style="text-align: center;"> </div> <p style="text-align: right;">9</p>	<p style="text-align: right;">10</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> 3000 Questions</p> <p><b>2:00</b> <b>Borderline Personality Disorder</b></p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">11</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> <b>Grief Support Group</b></p> <p><b>1:00</b> Self-Love</p> <p><b>2:30</b> Healthy Living</p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">12</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> Boundaries</p> <p><b>1:00</b> <b>Dealing with Negativity</b></p> <p><b>2:00</b> <b>EMS: Overdose</b> </p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">13</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Art Therapy</p> <p><b>2:00</b> <b>Peer Circle</b></p> <p><b>3:15</b> Peer Support</p>
<p style="text-align: right;">16</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> ABC Mental Health</p> <p><b>1:00</b> Happiness/Mind Set</p> <p><b>2:00</b> <b>Self-Care</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">17</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> 3000 Questions</p> <p><b>1:00</b> Art Therapy</p> <p><b>2:00</b> <b>Attention Deficit Disorder</b></p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">18</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> <b>Grief Support Group</b></p> <p><b>1:00</b> Chair Yoga</p> <p><b>2:00</b> Life Skills</p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">19</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> Art Therapy</p> <p><b>1:00</b> Fear in a Hat</p> <p><b>2:00</b> <b>Personal Growth</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">20</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Taste of the World</p> <p><b>2:00</b> <b>Peer Circle</b></p> <p><b>3:15</b> Peer Support</p>
<p style="text-align: right;">23</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> Friendship</p> <p><b>1:00</b> Healthy Living</p> <p><b>2:00</b> <b>Self-Love &amp; Forgiveness 1</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">24</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Sleep Disorders</p> <p><b>2:00</b> <b>Hypochondria</b></p> <p><b>3:15</b> Peer Support</p>	<p style="text-align: right;">25</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> <b>Grief Support Group</b></p> <p><b>1:00</b> Friendships</p> <p><b>2:00</b> Healthy Living</p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">26</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> Boundaries</p> <p><b>1:00</b> Gossip</p> <p><b>2:00</b> <b>Forgiveness</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">27</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>1:00</b> Taste of the World</p> <p><b>2:00</b> <b>Peer Circle</b></p> <p><b>3:15</b> Peer Support</p>
<p style="text-align: right;">30</p> <p><b>8:45</b> Socializing</p> <p><b>10:30</b> ABC Mental Health</p> <p><b>1:00</b> Happiness/Mind Set</p> <p><b>2:00</b> <b>Self-Love &amp; Forgiveness 2</b></p> <p><b>3:00</b> Peer Support</p>	<p style="text-align: right;">31</p> <p><b>8:45</b> Socializing</p> <p><b>10:00</b> Qi Gong</p> <p><b>12:30</b> <b>CENTRE CLOSED FOR HALLOWEEN DANCE PARTY AT CENTRAL</b></p>	<p style="text-align: center;"><b>Taste of the World: ZIMBABWE</b></p>	<p style="text-align: center;"><b>Tanya Bouchard</b> </p> <p style="text-align: center;">Community Paramedic</p>	<p style="text-align: center;"> <b>Virtual and in-person</b> </p> <p style="text-align: center;"> <b>Guest Speaker</b> </p> <p style="text-align: center;"> <b>Movie</b> </p>

## TASTE OF THE WORLD

This month we are exploring the lovely country of Zimbabwe. Join us every Friday to learn all about the geography, history, culture, and traditions that Zimbabwe has to offer. No trip is complete without tasting the local cuisine. Join us on the last Friday of October for the real Taste of Zimbabwe!



## OVERDOSE AWARENESS

There are many hidden impacts of overdose. On October 12 at 2 pm, Community Paramedic Tanya Bouchard, will share the signs and symptoms of overdose, and what to do if someone is experiencing an overdose.



## 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](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

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

# OCTOBER 2023

