

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|
| CLOSED (Easter Monday) | 8:45 Productivity 10:30 Self-Confidence 2:00 Sunshine Group 3:00 Peer Support | 8:45 Productivity 10:30 Hobby Group 2:00 Members' Meeting 3:00 Peer Support | 8:45 Productivity 10:30 Monthly Goal Planning & Scrapbooking 1:30 Shrek 3:00 Peer Support | 8:45 Last day at 351 Ferguson St. Join us as we reminisce about the good times shared at this location. |
| 8 8:45 Doors open at new location! (194 Main St. W., enter through doors on Fraser Street.) Stop by to check out the new space as we settle in. | 9 8:45 All Day M*A*S*H Marathon | 10 8:45 All Day M*A*S*H Marathon | 11 8:45 All Day M*A*S*H Marathon | 8:45 M*A*S*H Marathon 2:00 "Sing Your Heart Out" Themed Karaoke |
| 8:45 Productivity 10:30 Name That Tune! 2:00 Wellness group 3:00 Peer Support | 16 8:45 Productivity 10:30 Self-Control 2:00 Two Truths, One Lie 3:00 Peer Support | 8:45 Productivity 10:30 Grief Support Group 3:00 CLOSED FOR MEETING | 8:45 Productivity 10:30 Resiliency 1:30 Lion King (1994) 3:00 Peer Support | 8:45 Productivity 10:30 Paint Therapy 2:00 Sunshine Group 3:00 Peer Support |
| 8:45 Productivity 10:30 Card-O 2:00 Wellness group 3:00 Peer Support | 8:45 Productivity 10:30 Self-Worth 2:00 Hobby Group 3:00 Peer Support | 8:45 Productivity 10:30 Grief Support Group 2:00 Bingo 3:00 Peer Support | 8:45 Productivity 10:30 Problem Solving 2:00 EMS: Seizure Disorders 3:00 Peer Support | 26 8:45 Productivity 10:30 Paint Therapy 2:00 "30s & 40s" Themed Karaoke |
| 8:45 Productivity 10:30 Wheel of Fortune 2:00 Wellness group 3:00 Peer Support | 30 8:45 Productivity 10:30 Self-Care 2:00 Card-O 3:00 Peer Support | | Tanya Bouchard, Community Paramedic | Virtual and in-person Guest Speaker Movie |

LET'S GET MOVING!

Join us on Friday, April 5 for the last day at our current location! As we get ready to move to our bigger and better drop-in centre, let's reminisce about the past 15-plus years at 351 Ferguson. On Monday, April 8, we will be at our new location, 194 Main St. W. (entrance on Fraser Street) and settling into our new space with a daily M*A*S*H marathon for our first week!

EMS: SEIZURE DISORDERS

On Thursday, April 25 we will welcome Community Paramedic Tanya Bouchard, who will talk about different seizure disorders and how to help someone who is experiencing a seizure.



WELLNESS GROUP



Mondays at 2 pm (virtual & in-person)

This month's theme: Occupational April 8 & 15 – Creating & Sticking to a Budget April 22 & 29 – Finding Your Skills & Talents



To register for virtual groups, click <u>HERE</u> 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

NEW LOCATION BEGINNING APRIL 8

194 Main St. West (use Fraser Street entrance)
North Bay ON, P1B 2T5

705-476-4088

www.nbd.cmha.ca peersupport@nbd.cmha.ca

HOURS OF OPERATION

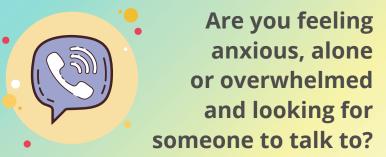
Monday to Friday 8:30 am - 4:30 pm

Follow us on social media @CMHANBD









Peer Line: 705-498-9925

Members' Line: 705-494-8088



Association canadienne pour la santé mentale North Bay et District

PEER SUPPORT SERVICES CENTRAL

April 2-5

351 Ferguson St. North Bay

As of April 8



194 Main St. West (Fraser St. entrance) North Bay

APRIL 2024

