

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED (Easter Monday) 	2 8:45 Productivity 10:30 Self-Confidence 2:00 Sunshine Group 3:00 Peer Support	3 8:45 Productivity 10:30 Hobby Group 2:00 Members' Meeting 3:00 Peer Support	4 8:45 Productivity 10:30 Monthly Goal Planning & Scrapbooking 1:30 Shrek 3:00 Peer Support	5 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	12 8:45 M*A*S*H Marathon 2:00 "Sing Your Heart Out" Themed Karaoke
15 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	17 8:45 Productivity 10:30 Grief Support Group 3:00 CLOSED FOR MEETING	18 8:45 Productivity 10:30 Resiliency 1:30 Lion King (1994) 3:00 Peer Support	19 8:45 Productivity 10:30 Paint Therapy 2:00 Sunshine Group 3:00 Peer Support
22 8:45 Productivity 10:30 Card-O 2:00 Wellness group 3:00 Peer Support	23 8:45 Productivity 10:30 Self-Worth 2:00 Hobby Group 3:00 Peer Support	24 8:45 Productivity 10:30 Grief Support Group 2:00 Bingo 3:00 Peer Support	25 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
29 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 	<div style="display: flex; flex-direction: column; gap: 10px;"> <div style="display: flex; align-items: center;"> Virtual and in-person </div> <div style="display: flex; align-items: center;"> Guest Speaker </div> <div style="display: flex; align-items: center;"> Movie </div> </div>

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 [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

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



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

April 2-5

351 Ferguson St.
North Bay

As of April 8

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



CALENDAR OF EVENTS APRIL 2024

