






APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED (Easter Monday) 	2 9:30 Socializing 10:30 Movie 2:00 Self-Confidence 3:00 Peer Support	3 9:30 Socializing 10:30 Meditation 1:00 Art Therapy 3:00 Peer Support	4 9:30 Socializing 10:30 Games 2:00 Positivity in a Hat 3:00 Peer Support	5 9:30 Socializing 10:30 Chair Yoga 2:00 Peer Circle 3:00 Peer Support
8 9:30 Socializing 10:30 Show & Tell 2:00 Creating & Sticking to a Budget, Part 1 3:00 Peer Support	9 9:30 Socializing 10:30 Cards 2:00 Self-Esteem 3:00 Peer Support	10 9:30 Socializing 10:30 Games 1:00 Movie 3:00 Peer Support	11 9:30 Socializing 10:30 Gossip 2:00 Gratitude 3:00 Peer Support	12 9:30 Socializing 10:30 Paint Therapy 2:00 Peer Circle 3:00 Peer Support
15 9:30 Socializing 10:30 Letting Go 2:00 Creating & Sticking to a Budget, Part 2 3:00 Peer Support	16 9:30 Socializing 10:30 Art Therapy 2:00 Self-Control 3:00 Peer Support	17 9:30 Socializing 10:30 Grief Support Group 3:00 CLOSED FOR MEETING	18 9:30 Socializing 10:30 Movie 2:00 Stitching with Mimi 3:00 Peer Support	19 9:30 Socializing 10:30 Positivity in a Hat 2:00 Peer Circle 3:00 Peer Support
22 9:30 Socializing 10:30 Games 2:00 Finding Your Skills & Talents, Part 1 3:00 Peer Support	23 9:30 Socializing 10:30 Movie 2:00 Self-Worth 3:00 Peer Support	24 9:30 Socializing 10:30 Grief Support Group 2:00 Cards 3:00 Peer Support	25 9:30 Socializing 10:30 Art Therapy 2:00 EMS: Seizure Disorders  3:00 Peer Support	26 9:30 Socializing 10:30 Meditation 2:00 Peer Circle 3:00 Peer Support
29 9:30 Socializing 10:30 Art Therapy 2:00 Finding Your Skills & Talents, Part 2 3:00 Peer Support	30 9:30 Socializing 10:30 Guess That Tune 2:00 Self-Care 3:00 Peer Support		Tanya Bouchard, Community Paramedic 	 Virtual and in-person  Guest Speaker

OCCUPATIONAL WELLNESS

April's theme is "occupational" and our North Bay and Mattawa drop-in centres are focused on increasing the satisfaction and fulfillment gained through work, careers, and other pursuits.

Occupational wellness helps us find meaning and purpose in the work we do, align our skills and passions while promoting growth and creativity, and boost our sense of accomplishment.



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.



SUPPORT GROUPS

Virtual and in-person

Mondays at 2 pm: **Wellness Group**
Wednesdays at 10:30 am: **Grief Support Group**
Fridays at 2 pm: **Peer Support Circle**



To register for virtual groups, click [HERE](#) or scan the QR code

For more information, call **249-358-5865** or email **peersupport@nbd.cmha.ca**

CMHA North Bay and District PEER SUPPORT SERVICES

150 Water St.
(Mattawa Medical Building)
Mattawa, ON P0H 1V0

249-358-5865 (Ray)

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

PROGRAM HOURS

Monday to Friday
9:30 am - 12 pm & 1 pm - 3:30 pm

Follow us on social media



@CMHANBD



Are you feeling
anxious, alone
or overwhelmed
and looking for
someone to talk to?

Peer Line: 249-358-5865
Monday to Friday,
9 - 9:30 am and 3:30 - 4 pm



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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