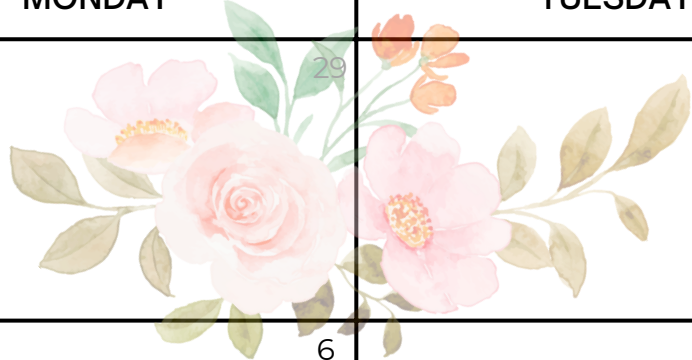
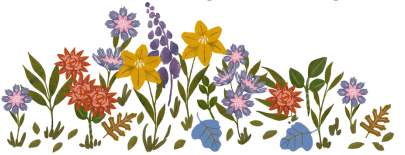
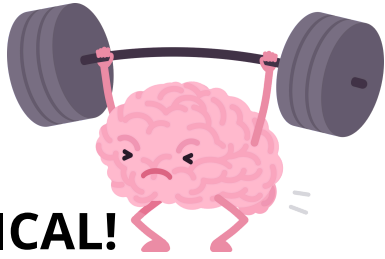


MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>29</p>	<p>30</p>	<p>1</p> <p>9:30 Socializing 1:00 Body Image 3:00 Peer Support</p>	<p>2</p> <p>9:30 Socializing 1:00 Paint Therapy 3:00 Peer Support</p>	<p>3</p> <p>9:30 Socializing 10:00 Members' Meeting 1:00 Members' Meeting 3:00 Peer Support</p>
<p>6</p> <p>9:30 Socializing 1:00 Gut-Brain Connection 3:00 Peer Support</p>	<p>7</p> <p>9:30 Socializing 1:00 Movie 3:00 Peer Support</p>	<p>8</p> <p>9:30 Socializing 1:00 Eating Disorders 3:00 Peer Support</p>	<p>9</p> <p>9:30 Socializing 1:00 Card-O 3:00 Peer Support</p>	<p>10</p> <p>9:30 Socializing 1:00 Games 3:00 Peer Support</p>
<p>13</p> <p>9:30 Socializing 1:00 Eating Healthy on a Budget 3:00 Peer Support</p>	<p>14</p> <p>9:30 Socializing 1:00 Meditation 3:00 Peer Support</p>	<p>15</p> <p>9:30 Socializing 1:00 Art Therapy 3:00 CLOSED FOR MEETING</p>	<p>16</p> <p>9:30 Socializing 1:00 Bingo 3:00 Peer Support</p>	<p>17</p> <p>9:30 Socializing 1:00 Movie 3:00 Peer Support</p>
<p>Victoria Day holiday</p>  <p>Enjoy the long weekend!</p> <p>20</p>	<p>21</p> <p>9:30 Socializing 1:00 Paint Therapy 3:00 Peer Support</p>	<p>22</p> <p>9:30 Socializing 1:00 Healthy Eating 3:00 Peer Support</p>	<p>23</p> <p>9:30 Socializing 1:00 Gratitude 3:00 Peer Support</p>	<p>24</p> <p>9:30 Socializing 1:00 Laugh Yoga 3:00 Peer Support</p>
<p>27</p> <p>9:30 Socializing 1:00 Listen to Your Body 3:00 Peer Support</p>	<p>28</p> <p>9:30 Socializing 1:00 Movie 3:00 Peer Support</p>	<p>29</p> <p>9:00 Socializing 1:00 Lifestyle 3:00 Peer Support</p>	<p>30</p> <p>9:00 Socializing 1:00 Card-O 3:00 Peer Support</p>	<p>31</p> <p>9:00 Socializing 1:00 Cards 3:00 Peer Support</p>

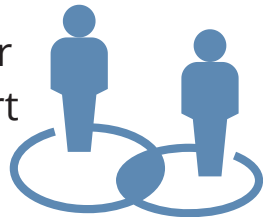


LET'S GET PHYSICAL!

This May, take charge of your physical well-being at our North Bay and Mattawa drop-in centres! Come and join us throughout the month as we discuss different topics related to keeping our bodies healthy and how lifestyle affects how we feel physically.

ONE-ON-ONE PEER SUPPORT

Both our Mattawa and North Bay locations offer one-on-one Peer Support sessions.



To book your time, give us a call or send us an email.

Mattawa: 249-358-5865

North Bay: 705-498-9925

Email: peersupport@nbd.cmha.ca

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

MAY 2024

