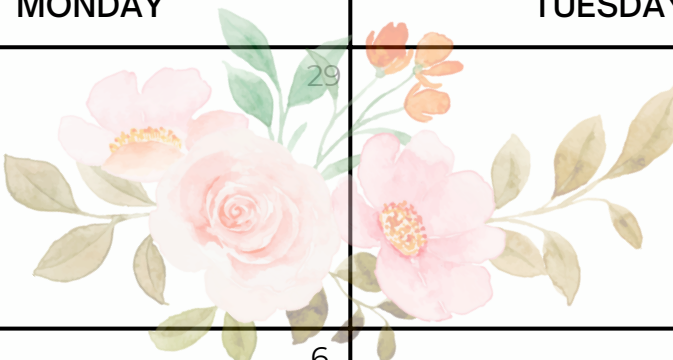

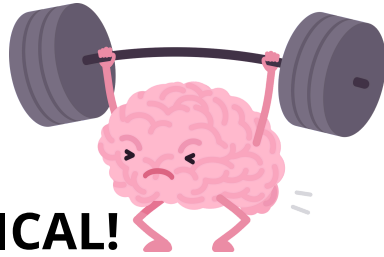


MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30	1	2	3
		8:30 Productivity 2:00 Members' Meeting 3:00 Peer Support	8:30 Productivity 10:30 Scrapbooking 3:00 Peer Support	8:30 Productivity 2:00 Sunshine Group 3:00 Peer Support
6	7	8	9	10
8:30 Productivity 10:30 Pictionary 3:00 Peer Support	8:30 Productivity 10:30 Body Image 3:00 Peer Support	8:30 Productivity 2:00 Paint Therapy 3:00 Peer Support	8:30 Productivity 10:30 Gut-Brain Connection 3:00 Peer Support	8:30 Productivity 11:00 OPEN HOUSE 2:00 "Sing Your Heart Out" Themed Karaoke
13	14	15	16	17
8:30 Productivity 10:30 Charades 3:00 Peer Support	8:30 Productivity 10:30 Eating Disorders 3:00 Peer Support	8:30 Productivity 10:30 Sore Winners & Losers 3:00 CLOSED FOR MEETING	8:30 Productivity 10:30 Eating Healthy on a Budget 3:00 Peer Support	8:30 Productivity 2:00 Surprise Concert 3:00 Peer Support
20 Victoria Day holiday  Enjoy the long weekend!	21	22	23	24
	8:30 Productivity 10:30 Healthy Eating 3:00 Peer Support	8:30 Productivity 10:30 Euchre Tournament 3:00 Peer Support	8:30 Productivity 10:30 Listen to Your Body 3:00 Peer Support	8:30 Productivity 2:00 "Sing Your Heart Out" Themed Karaoke
27	28	29	30	31
8:30 Productivity 10:30 Jeopardy 3:00 Peer Support	8:30 Productivity 10:30 Lifestyle 3:00 Peer Support	8:30 Productivity 10:30 Pool Tournament 3:00 Peer Support	8:30 Productivity 10:30 Overcoming Fears 3:00 Peer Support	8:30 Productivity 2:00 Paint Therapy 3:00 Peer Support

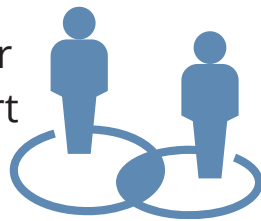


LET'S GET PHYSICAL!

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 **705-498-9925** or email peersupport@nbd.cmha.ca

PEER CONNECTIONS

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

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 CONNECTIONS

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

CALENDAR OF EVENTS

MAY 2024

