






JULY 2024


| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| <p style="text-align: center;">Canada Day 1</p>  <p style="text-align: center;">Enjoy the long weekend!</p> | <p style="text-align: right;">2</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">3</p> <p>2:00 Members' Meeting</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">4</p> <p>2:00 Spirituality</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">5</p> <p>1:30 Guided Painting</p> <p>3:00 Members' Choice</p> |
| <p style="text-align: right;">8</p> <p>2:00 Chair Yoga</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">9</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">10</p> <p>1:30 Crafts</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">11</p> <p>2:00 Letting Go of Grief</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">12</p> <p>1:30 Movie</p> |
| <p style="text-align: right;">15</p> <p>1:30 Guided Journaling</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">16</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">17</p> <p>2:00 Name That Tune</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">18</p> <p>2:00 Letting Go of Clutter</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">19</p> <p>1:30 Walk to the Waterfront</p> <p>3:00 Members' Choice</p> |
| <p style="text-align: right;">22</p> <p>2:00 Guided Meditation</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">23</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">24</p> <p>2:00 Bingo</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">25</p> <p>2:00 Healthy Communication</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">26</p> <p>1:30 Movie</p> |
| <p style="text-align: right;">29</p> <p>2:00 Zumba</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">30</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p> | <p style="text-align: right;">31</p> <p>2:00 What You Should Know About Catfishing and Scams</p> <p>3:00 Members' Choice</p> |  <p style="text-align: right;">1</p> | <p style="text-align: right;">2</p> <p> Virtual and in-person</p> <p> Movie</p> |

NEW HOURS OF OPERATION

As CMHA NBD works through some staffing and programming adjustments, Peer Support Services' Mattawa drop-in centre will operate with new hours.

Monday to Friday, 12 - 4 pm

We will keep members updated on any other changes. Feel free to drop in to talk to our Peer staff. Thank you for your patience and understanding.

FUN FACTS, EH?

Here are some fun facts about Canada to get you in a patriotic mood.*

- The first recorded baseball game took place in Beachville, ON in 1838
- O Canada was first performed on July 24, 1880 in Quebec City
- The term "Trick or Treat" was first used in Alberta
- The first YMCA started in 1851 in Montreal
- An Ontario man invented Hawaiian Pizza
- 77% of the world's maple syrup is made in Quebec
- Mac and Cheese is the most-purchased grocery item



*Courtesy of GlobalNews.ca



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

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

705-476-4088

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



PROGRAM HOURS

Monday to Friday
12 - 4 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
Monday to Friday
8:30 am - 12 pm and 1 - 4:30 p.m.



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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