


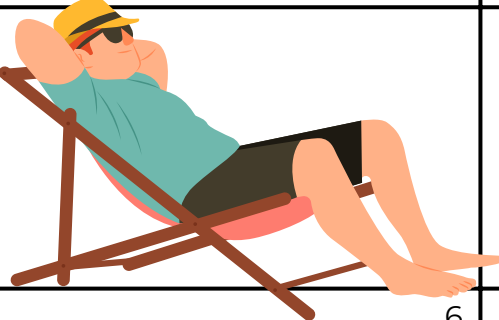




# AUGUST 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Virtual and in-person  Guest Speaker  Movie			1 <b>12:00</b> Arts and Crafts <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	2
5 Closed Enjoy The Long Weekend! 	6 <b>12:00</b> 3000 Questions <b>2:00</b> Mental Health Talk <b>3:00</b> Members' Choice	7 <b>12:00</b> Movie <b>2:00</b> Members' Meetings <b>3:00</b> Members' Choice	8 <b>12:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	9 <b>12:00</b> Socializing <b>2:00</b> Fear in a Hat <b>3:00</b> Members' Choice
12 <b>12:00</b> Movie <b>2:00</b> Letting Go <b>3:00</b> Members' Choice	13 <b>12:00</b> Games <b>2:00</b> Mental Health Talk <b>3:00</b> Members' Choice	14 <b>12:00</b> Bingo <b>2:00</b> Chair Yoga <b>3:00</b> Members' Choice	15 <b>12:00</b> Movie <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	16 <b>12:00</b> Puzzles <b>2:00</b> Meditation <b>3:00</b> Members' Choice
19 <b>12:00</b> Guess That Tune <b>2:00</b> No Means No <b>3:00</b> Members' Choice	20 <b>12:00</b> Movie <b>2:00</b> Mental Health Talk <b>3:00</b> Members' Choice	21 <b>12:00</b> Games <b>2:00</b> Respect <b>3:00</b> Members' Choice	22 <b>12:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	23 <b>12:00</b> Movie <b>2:00</b> Healthy Habits <b>3:00</b> Members' Choice
26 <b>12:00</b> Socializing <b>2:00</b> Relaxation Tech. <b>3:00</b> Members' Choice	27 <b>12:00</b> Movie <b>2:00</b> Mental Health Talk <b>3:00</b> Members' Choice	28 <b>12:00</b> Socializing <b>2:00</b> 3000 Questions <b>3:00</b> Members' Choice	29 <b>12:00</b> Cards <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	30 <b>12:00</b> Socializing <b>2:00</b> Movie <b>3:00</b> Members' Choice

## BENEFITS OF PLAYING GAMES

Playing games has several significant benefits, which is why game-playing is a cornerstone of the activities at our Peer Support drop-in centres.

When you play games you:

- Have a chance to practice critical thinking skills
- Reduce stress
- Boost self-confidence and creativity
- Promote and engage in healthy socialization

Card games and board games are almost always available at our Mattawa centre, but some of the more structured games this month include:

BINGO: Aug. 14 @ 12 pm

GUESS THAT TUNE: Aug. 19 @ 12 pm

3000 QUESTIONS: Aug. 28 @ 2 pm

CARDS: Aug. 29 @ 12 pm



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](mailto: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](http://www.nbd.cmha.ca)  
[peersupport@nbd.cmha.ca](mailto:peersupport@nbd.cmha.ca)

### **new** 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: 249-358-5865**  
**Monday to Friday,**  
**12 - 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

# AUGUST 2024

