


AUGUST 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|
|  Virtual and in-person  Guest Speaker  Movie |  |  | 8:30 Socializing 10:30 Who Am I Game 2:00 Wellness Group 3:00 Members' Choice | 8:30 Socializing 10:30 Monthly Goal Plans 2:00 Movie 3:00 Members' Choice |
| Closed Enjoy The Long Weekend!  | 8:30 Socializing 10:30 Depression & Anxiety Support Group 2:00 Mental Health Talk 3:00 Members' Choice | 8:30 Socializing 10:30 Members' Meeting 2:00 Flyer Meal Plan & Budgeting 3:00 Members' Choice | 8:30 Socializing 10:30 Open Hobby Group 2:00 Wellness Group 3:00 Members' Choice | 8:30 Socializing 10:30 Guided Meditation 2:00 Karaoke 3:00 Members' Choice |
| 8:30 Socializing 10:30 Growth Journal Writing 2:00 Reframing & Mindfulness 3:00 Members' Choice | 8:30 Socializing 10:30 Depression & Anxiety Support Group 2:00 Mental Health Talk 3:00 Members' Choice | 8:30 Socializing 10:30 Walking Group 2:00 Debt & Mental Health 3:00 Members' Choice | 8:30 Socializing 10:30 Skip Bo Tournament 2:00 Wellness Group 3:00 Members' Choice | 8:30 Socializing 10:30 Painting Birdhouses 2:00 Mini Putt 3:00 Members' Choice |
| 8:30 Socializing 10:30 Realistic Positivity 2:00 Bingo 3:00 Members' Choice | 8:30 Socializing 10:30 Depression & Anxiety Support Group 2:00 Mental Health Talk 3:00 Members' Choice | 8:30 Socializing 10:30 Zumba 2:00 How to Be More Productive 3:00 Members' Choice | 8:30 Socializing 10:30 Family Feud 2:00 Wellness Group 3:00 Members' Choice | 8:30 Socializing 10:30 Guided Paint Therapy 2:00 Karaoke 3:00 Members' Choice |
| 8:30 Socializing 10:30 Growth Journal Writing 2:00 Pressed Flower Lantern Craft 3:00 Members' Choice | 8:30 Socializing 10:30 Depression & Anxiety Support Group 2:00 Mental Health Talk 3:00 Members' Choice | 8:30 Socializing 10:30 Chair Yoga 2:00 Friendship & Mental Health 3:00 Members' Choice | 8:30 Socializing 10:30 Pictionary 2:00 Wellness Group 3:00 Members' Choice | 8:30 Socializing 10:30 Coping Tools 101 2:00 Movie 3:00 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 Peer Connections, but some of the more structured games this month include:

SKIP BO TOURNAMENT: Aug. 15 @ 10:30 am

MINI PUTT: Aug: 16 @ 2 pm

BINGO: Aug. 19 @ 2 pm

FAMILY FEUD: Aug: 22 @ 10:30 am

PICTIONARY: Aug. 29 @ 10:30 am



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**

PEER CONNECTIONS

194 Main St. West
(use Fraser Street entrance)
North Bay, ON P1B 2T5
705-476-4088

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

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