

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Closed Happy Labour Day!</p> 	<p>3</p> <p>12:00 Socializing 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>4</p> <p>12:00 Movie 2:00 Member's Meeting 3:00 Members' Choice</p>	<p>5</p> <p>12:00 Socializing 2:00 Wellness group 3:00 Members' Choice</p>	<p>6</p> <p>12:00 Puzzles 2:00 Meditation 3:00 Members' Choice</p>
<p>9</p> <p>12:00 Socializing 2:00 Card-O 3:00 Members' Choice</p>	<p>10</p> <p>12:00 3000 Questions 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>11</p> <p>12:00 Games 2:00 Chair Yoga 3:00 Members' Choice</p>	<p>12</p> <p>12:00 Socializing 2:00 Wellness group 3:00 Members' Choice</p>	<p>13</p> <p>12:00 Socializing 2:00 Movie 3:00 Members' Choice</p>
<p>16</p> <p>12:00 Guess That Tune 2:00 Bingo 3:00 Members' Choice</p>	<p>17</p> <p>12:00 Socializing 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>18</p> <p>12:00 Bingo 2:00 Card Games 3:00 Members' Choice</p>	<p>19</p> <p>12:00 Socializing 2:00 Wellness group 3:00 Members' Choice</p>	<p>20</p> <p>12:00 Socializing 2:00 Fear in a Hat 3:00 Members' Choice</p>
<p>23</p> <p>12:00 Movie 2:00 Relaxation Techniques 3:00 Members' Choice</p>	<p>24</p> <p>12:00 Movie 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>25</p> <p>12:00 Socializing 2:00 Cold and Flu: How to Avoid Catching Them, Presenter: Tanya Bouchard, Community Paramedic 3:00 Members' Choice</p>	<p>26</p> <p>12:00 Socializing 2:00 Wellness group 3:00 Members' Choice</p>	<p>27</p> <p>12:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>30</p> <p>12:00 Socializing 2:00 Documentary 3:00 Members' Choice National Truth and Reconciliation Day</p>	<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> <p>Virtual and in-person</p> <p>Guest Speaker</p> <p>Movie</p>

BACK TO COLD AND FLU SEASON

It's the same every year: the air gets a lot cooler, the trees start to change colour, and suddenly, everyone is getting sick. Cold and Flu season has officially begun, and we have a few quick tips to help you prepare for these seasonal illnesses.

- Make sure you're washing your hands as frequently as possible.
- Stay home if you are not feeling well.
- Eat a balanced diet with lots of leafy greens, fruits and veggies.
- Prioritize your sleep.
- Consider wearing a mask and getting a flu shot.



Join Peer Connections on September 25 at 2:00 pm for **Cold and Flu: How to Avoid Catching Them with Tanya Bouchard, Community Paramedic.**

WELLNESS GROUP

Thursdays at 2:00 pm, join the Peer Support program for Wellness Group. Available both virtually and in person. Topics for September include:

- September 5 - Goal Setting
- September 12 - Accountability
- September 19 - Positive Thinking
- September 26 - Circle of Control



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

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(Mattawa Medical Building)
Mattawa, ON P0H 1V0

705-476-4088

www.nbd.cmha.ca
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

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