

SEPTEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Closed Happy Labour Day!</p> <p>2</p>	<p>3</p> <p>8:30 Socializing 10:30 Meditation 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>4</p> <p>8:30 Socializing 10:30 Members' Meeting 2:00 Afternoon Walk 3:00 Members' Choice</p>	<p>5</p> <p>8:30 Socializing 10:30 Charades 2:00 Wellness group 3:00 Members' Choice</p>	<p>6</p> <p>8:30 Socializing 10:30 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>9</p> <p>8:30 Socializing 10:30 Pictionary 2:00 Card-O 3:00 Members' Choice</p>	<p>10</p> <p>8:30 Socializing 10:30 Tie Dye 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>11</p> <p>8:30 Socializing 10:30 Morning Walk 2:00 Positivity 3:00 Staff Meeting - Closed</p>	<p>12</p> <p>8:30 Socializing 10:30 Euchre Tournament 2:00 Wellness group 3:00 Members' Choice</p>	<p>13</p> <p>8:30 Socializing 10:30 Movie Marathon 2:00 Movie with Popcorn and Critique 3:00 Members' Choice</p>
<p>16</p> <p>8:30 Socializing 10:30 Yard Zee 2:00 Bingo 3:00 Members' Choice</p>	<p>17</p> <p>8:30 Socializing 10:30 Meditation 2:00 Anxiety / Depression Group 3:00 Members' Choice</p>	<p>18</p> <p>8:30 Socializing 10:30 Morning Walk 2:00 Chair Yoga 3:00 Members' Choice</p>	<p>19</p> <p>8:30 Socializing 10:30 Journal Writing 2:00 Wellness group 3:00 Members' Choice</p>	<p>20</p> <p>8:30 Socializing 10:30 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>23</p> <p>8:30 Socializing 10:30 What Am I? 2:00 Family Feud 3:00 Members' Choice</p>	<p>24</p> <p>8:30 Socializing 10:30 Pool Tournament 2:00 Anxiety / Depression Group 3:00 Member's Choice</p>	<p>25</p> <p>8:30 Socializing 10:30 Morning Walk 2:00 Cold and Flu: How to Avoid Catching Them, Presenter: Tanya Bouchard, Community Paramedic 3:00 Members' Choice</p>	<p>26</p> <p>8:30 Socializing 10:30 Skip Bo Tournament 2:00 Wellness group 3:00 Members' Choice</p>	<p>27</p> <p>8:30 Socializing 10:30 Movie Marathon 2:00 Movie with Popcorn and Critique 3:00 Members' Choice</p>
<p>30</p> <p>National Day for Truth & Reconciliation Programs: TBD</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**

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

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CALENDAR OF EVENTS

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