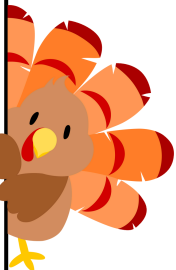





OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
	12:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice	12:00 Movie 2:00 Members' Meeting 3:00 Members' Choice	12:00 Socializing 2:00 Wellness group 3:00 Members' Choice	12:00 Skip-Bo Card Game 2:00 Movie & Popcorn 3:00 Members' Choice
7	8	9	10	11
12:00 Socializing 2:00 Card O 3:00 Members' Choice	12:00 Movie 2:00 Anxiety & Depression 3:00 Member's Choice	12:00 Games 2:00 Chair Yoga 3:00 Members' Choice	12:00 Socializing 2:00 Wellness group 3:00 Members' Choice	12:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice
14	15	16	17	18
 CENTRE CLOSED HAPPY THANKSGIVING!	12:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice	12:00 Movie 2:00 Bingo 3:00 Members' Choice	12:00 Socializing 2:00 Wellness group 3:00 Members' Choice	12:00 Card Games 2:00 Movie & Popcorn 3:00 Members' Choice
21	22	23	24	25
12:00 Socializing 2:00 Bingo 3:00 Members' Choice	12:00 Movie 2:00 Anxiety & Depression 3:00 Members' Choice	12:00 Socializing 2:00 How to Survive in Winter: Terry Hamel, True Self 3:00 Members' Choice	12:00 Socializing 2:00 Wellness group 3:00 Members' Choice	12:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice
28	29	30	31	1
12:00 Socializing 2:00 Relaxation Technique 3:00 Members' Choice	12:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice	12:00 Movie 2:00 Meditation 3:00 Members' Choice	12:00 Socializing 2:00 Halloween Movie 3:00 Members' Choice	 Virtual and in-person  Guest Speaker  Movie

WINTER TIPS WITH TERRY HAMEL

Terry Hamel, an outreach worker with True Self, will talk about staying warm and being watchful about your mental health during the cold months on Oct. 23 at 2 p.m. He will share tips for an enjoyable and safe winter including coping strategies and safety information.

ANXIETY AND DEPRESSION GROUP

Join the Anxiety & Depression Group Tuesdays at 10 am. You can attend virtually or in person. Topics for October:

- Oct. 1 - Aromatherapy & Reflexology
- Oct. 8 - Exposure Therapy
- Oct. 15 - Isolation & Loneliness
- Oct. 22 - Mental Health & Sleep
- Oct. 19 - Coping Skills

WELLNESS GROUP

Thursdays at 2 pm, join the Wellness Group. Available both virtually and in person. Topics for October:

- Oct. 3 - Goal Setting and Scrapbooking
- Oct. 10 - Finding Humour in Your Life
- Oct. 17 - Distress Tolerance
- Oct. 24 - Listen to Your Body



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

HOURS OF OPERATION




Monday to Friday
11 am - 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

OCTOBER 2024

