






OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	1	2	3	4
	8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice	8:00 Socializing 10:00 Members' Meeting 2:00 Mood Walks® (Information Session) 3:00 Members' Choice	8:00 Socializing 10:00 Scrapbooking 2:00 Wellness group 3:00 Members' Choice	8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice
7	8	9	10	11
8:00 Socializing 10:00 Pictionary 2:00 Card O 3:00 Members' Choice	8:00 Socializing 10:00 Pool Tournament 2:00 Anxiety & Depression 3:00 Members' Choice	8:00 Socializing 10:00 Relaxation Techniques 2:00 Mood Walks® 3:00 Closed for staff meeting	8:00 Socializing 10:00 Charades 2:00 Wellness group 3:00 Members' Choice	8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Critique 3:00 Members' Choice
14	15	16	17	18
 CENTRE CLOSED HAPPY THANKSGIVING!	8:00 Socializing 10:00 Breathing Technique 2:00 Anxiety & Depression 3:00 Members' Choice	8:00 Socializing 10:00 Euchre Tournament 2:00 Mood Walks® 3:00 Members' Choice	8:00 Socializing 10:00 Morning with Tyler 2:00 Wellness group 3:00 Members' Choice	8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice
21	22	23	24	25
8:00 Socializing 10:00 What Am I? 2:00 Bingo 3:00 Members' Choice	8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice	8:00 Socializing 10:00 Mood Walks® 2:00 How to Survive in Winter: Terry Hamel, True Self 3:00 Members' Choice	8:00 Socializing 10:00 Skip Bo Tournament 2:00 Wellness group 3:00 Members' Choice	8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Critique 3:00 Members' Choice
28	29	30	31	1
8:00 Socializing 10:00 Name That Tune 2:00 Crib Tournament 3:00 Members' Choice	8:00 Socializing 10:00 Chair Yoga 2:00 Anxiety & Depression 3:00 Members' Choice	8:00 Socializing 10:00 Journaling 2:00 Mood Walks® 3:00 Members' Choice	8:00 Socializing 10:00 Halloween Movie 2:00 Halloween Party and Dance 	 Virtual and in-person  Guest Speaker  Movie

STEP INTO FALL WITH MOOD WALKS®

Mood Walks® is a walking program that promotes physical activity in nature, or “green exercise,” as a way to improve both physical and mental health. In October, Mood Walks® will take place Wednesdays:

Oct. 9, 16 & 30 at 2 pm

Oct. 23 at 10 am

Registration is required.

Please see a staff person to sign up.



NEW HOURS!

Starting Tuesday, Oct. 1, the Peer Connections centre in North Bay will have new hours:

**MONDAY - FRIDAY
8:00 AM - 4 PM**

WELLNESS GROUP

Join the Wellness Group Thursdays at 2 pm. You can attend virtually or 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**

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
8:00 am - 4:00 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

OCTOBER 2024

