







NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>28</p> <p> Virtual and in-person</p> <p> Guest Speaker</p> <p> Movie</p>	<p>29</p> 	<p>30</p> 	<p>31</p> 	<p>1</p> <p>11:00 Socializing</p> <p>2:00 Movie & Popcorn</p> <p>3:00 Members' Choice</p>
<p>4</p> <p>11:00 Socializing</p> <p>2:00 Card O</p> <p>3:00 Chair Yoga</p>	<p>5</p> <p>11:00 Socializing</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Painting</p>	<p>6</p> <p>11:00 Socializing</p> <p>2:00 Members' Meeting</p> <p>3:00 Grief Group</p>	<p>7</p> <p>11:00 Socializing</p> <p>2:00 Wellness Group</p> <p>3:00 Remembrance Day Art</p>	<p>8</p> <p>11:00 Socializing</p> <p>2:00 Movie & Popcorn</p> <p>3:00 Members' Choice</p>
<p>11</p> <p>11:00 Socializing</p> <p>2:00 Family Feud</p> <p>3:00 Remembrance Day Movie</p>	<p>12</p> <p>11:00 Socializing</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Meditation Group</p>	<p>13</p> <p>11:00 Socializing</p> <p>2:00 Smudge Circle</p> <p>3:00 Members' Choice</p>	<p>14</p> <p>11:00 Socializing</p> <p>2:00 Wellness Group</p> <p>3:00 Skip-Bo/Card Games</p>	<p>15</p> <p>11:00 Socializing</p> <p>2:00 Indigenous Crafts/Beading</p> <p>3:00 Members' Choice</p>
<p>18</p> <p>11:00 Socializing</p> <p>2:00 Crib Tournament</p> <p>3:00 Healing Bracelet Making</p>	<p>19</p> <p>11:00 Socializing</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Members' Choice</p>	<p>20</p> <p>11:00 Socializing</p> <p>2:00 Living with a Concurrent Disorder, Heather Bennison</p> <p>3:00 Members' Choice</p>	<p>21</p> <p>11:00 Socializing</p> <p>2:00 Wellness Group</p> <p>3:00 Meditation Group</p>	<p>22</p> <p>11:00 Socializing</p> <p>2:00 Movie & Popcorn</p> <p>3:00 Members' Choice</p>
<p>25</p> <p>11:00 Socializing</p> <p>2:00 Bingo</p> <p>3:00 Craft & Colouring</p>	<p>26</p> <p>11:00 Socializing</p> <p>2:00 Anxiety & Depression</p> <p>3:00 Sharing Circle</p>	<p>27</p> <p>11:00 Socializing</p> <p>2:00 Goal Setting</p> <p>3:00 Members' Choice</p>	<p>28</p> <p>11:00 Socializing</p> <p>2:00 Wellness Group</p> <p>3:00 Members' Choice</p>	<p>29</p> <p>11:00 Socializing</p> <p>2:00 Trivia Day</p> <p>3:00 Members' Choice</p>

LIVING WITH A CONCURRENT DISORDER

The Peer Support Services Program is pleased to welcome guest speaker Heather Bennison from the North Bay Regional Health Centre on Wednesday, Nov. 20 at 2 pm. Heather is the Concurrent Disorders Resource Lead for the North Eastern Ontario Knowledge Team.

She will talk about living with a concurrent disorder, which refers to the presence of both a mental health condition and a substance use disorder, and how it can be challenging as each condition influences the other.

People with concurrent disorders may experience heightened emotional distress, difficulty maintaining relationships, and struggles with daily functioning. Recovery is possible through comprehensive care, including therapy, medication, peer support, and lifestyle changes, but it often requires ongoing effort and resilience.

WELLNESS GROUP

Thursdays at 2 pm, join the Wellness Group.

Available both virtually and in person.

Nov. 7 – Goal-Setting and Scrapbooking

Nov. 14 – Identifying your Values and Morals

Nov. 21 – How to Make Health Habits

Nov. 27 – Mindfulness in Everyday Life



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

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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: **705-478-1731**

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.

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CALENDAR OF EVENTS

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