





NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Virtual and in-person  Guest Speaker  Movie				1
4 8:00 Socializing 10:00 Pictionary 2:00 Card O 3:00 Members' Choice	5 8:00 Socializing 10:00 Pool Tournament 2:00 Anxiety & Depression 3:00 Members' Choice	6 8:00 Socializing 10:00 Members' Meeting 2:00 Mood Walk® 3:00 Members' Choice	7 8:00 Socializing 10:00 Scrapbooking 2:00 Wellness Group 3:00 Members' Choice	8 8:00 Socializing 10:00 Movie Marathon 2:00 Staff Meeting - Centre Closed
11 8:00 Socializing 10:00 Name the Tune 2:00 Family Feud 3:00 Members' Choice	12 8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice	13 8:00 Socializing 10:00 Euchre Tournament 2:00 Positivity in a Hat 3:00 Members' Choice	14 8:00 Socializing 10:00 Guided Meditation 2:00 Wellness Group 3:00 Members' Choice	15 8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice
18 8:00 Socializing 10:00 What Am I? 2:00 Crib Tournament 3:00 Members' Choice	19 8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice	20 8:00 Socializing 10:00 Charades 2:00 Living with a Concurrent Disorder, Heather Bennison 3:00 Members' Choice	21 8:00 Socializing 10:00 Sharing Circle 2:00 Wellness Group 3:00 Members' Choice	22 8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Critique 3:00 Members' Choice
25 8:00 Socializing 10:00 Chess/Checkers 2:00 Bingo 3:00 Members' Choice	26 8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice	27 8:00 Socializing 10:00 Chair Yoga 2:00 Journalling 3:00 Members' Choice	28 8:00 Socializing 10:00 Skip Bo Tournament 2:00 Wellness Group 3:00 Members' Choice	29 8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice

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.

NEW HOURS IN EFFECT!

As of Oct. 1, the Peer Connections centre in North Bay has new hours of operation:

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

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

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194 Main St. West
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North Bay

CALENDAR OF EVENTS

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