



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| Virtual and in-person Guest Speaker Movie | 31 | Drop-in Centre Closed | 11:00 Socializing 2:00 Wellness Group 3:00 Goal Setting | 11:00 Socializing 2:00 New Year Movie 3:00 Members' Choice |
| 11:00 Socializing 2:00 Fire Safety 3:00 Members' Choice | 11:00 Socializing 2:00 Anxiety & Depression 3:00 Meditation Group | 11:00 Socializing 2:00 Family Feud 3:00 Members' Choice | 11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice | 11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice |
| 11:00 Socializing 2:00 Scrabble 3:00 Members' Choice | 11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice | 11:00 Socializing 2:00 Self-Care/Spa Day 3:00 Members' Choice | 11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice | 11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice |
| 11:00 Socializing 2:00 Sharing Circle 3:00 Members' Choice | 11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice | 11:00 Socializing 2:00 "Stages of Gender Identity" with Seth Compton 3:00 Members' Choice | 11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice | 11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice |
| 11:00 Socializing 2:00 Karaoke 3:00 Members' Choice | 11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice | Peer Connections Closed for staff development | 11:00 Socializing 2:00 Wellness Group 3:00 Members' Groups | 11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice |

PEER CONNECTIONS HOSTS GUEST SPEAKER FOR TALK ON STAGES OF GENDER IDENTITY

Peer Connections will welcome Seth Compton on Wednesday, Jan. 22 at 2 pm for a presentation on Stages of Gender Identity. Gender and sexual orientation identity development are universal aspects of the human experience. For 2SLGBTQI+ individuals, navigating these stages can be particularly complex due to societal prejudices, stigma, and systemic discrimination. The additional challenges they face often include internalized homophobia or transphobia, fear of rejection, and limited access to affirming role models or communities. Despite these challenges, it's essential to recognize that these developmental processes are not only normal but also an opportunity for selfdiscovery, resilience, and authenticity. Providing support, validation, and safe spaces can significantly ease these journeys and empower 2SLGBTQI+ individuals to embrace their identities fully

WELLNESS GROUP

Join the Wellness Group Thursdays at 2 pm. You can attend virtually or in person. Topics for October:

January 2 - Goal Setting & Scrapbooking

January 9 - Coping with Change

January 16 - How to be Productive

January 23 - Positive Thinking

January 30 - Resiliency



To register for virtual groups, click <u>HERE</u> or scan the QR code

For more information, call **705-498-9925** or email **peersupport@nbd.cmha.ca**

CMHA North Bay and DistrictPEER SUPPORT SERVICES

150 Water St. (Mattawa Medical Building) Mattawa, ON P0H 1V0

705-476-4088

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HOURS OF OPERATION

Monday to Friday 11 am - 4 pm

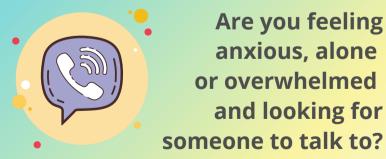
Follow us on social media







@CMHANBD



Peer Line: 705-478-1731 Monday to Friday 11 am - 4 pm



Association canadienne pour la santé mentale North Bay et District

PEER SUPPORT SERVICES

MATTAWA

150 Water St. (Mattawa Medical Building)

CALENDAR OF EVENTS

JANUARY 2025

