







# JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30  <b>Virtual and in-person</b>  <b>Guest Speaker</b>  <b>Movie</b>	31 	1 <b>Drop-in Centre Closed</b> 	2 <b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Goal Setting	3 <b>11:00</b> Socializing <b>2:00</b> New Year Movie <b>3:00</b> Members' Choice
6 <b>11:00</b> Socializing <b>2:00</b> Fire Safety <b>3:00</b> Members' Choice	7 <b>11:00</b> Socializing <b>2:00</b> Anxiety & Depression <b>3:00</b> Meditation Group	8 <b>11:00</b> Socializing <b>2:00</b> Family Feud <b>3:00</b> Members' Choice	9 <b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	10 <b>11:00</b> Socializing <b>2:00</b> Movie & Popcorn <b>3:00</b> Members' Choice
13 <b>11:00</b> Socializing <b>2:00</b> Scrabble <b>3:00</b> Members' Choice	14 <b>11:00</b> Socializing <b>2:00</b> Anxiety & Depression <b>3:00</b> Members' Choice	15 <b>11:00</b> Socializing <b>2:00</b> Self-Care/Spa Day <b>3:00</b> Members' Choice	16 <b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	17 <b>11:00</b> Socializing <b>2:00</b> Movie & Popcorn <b>3:00</b> Members' Choice
20 <b>11:00</b> Socializing <b>2:00</b> Sharing Circle <b>3:00</b> Members' Choice	21 <b>11:00</b> Socializing <b>2:00</b> Anxiety & Depression <b>3:00</b> Members' Choice	22 <b>11:00</b> Socializing <b>2:00</b> "Stages of Gender Identity" with Seth Compton <b>3:00</b> Members' Choice	23 <b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice	24 <b>11:00</b> Socializing <b>2:00</b> Movie & Popcorn <b>3:00</b> Members' Choice
27 <b>11:00</b> Socializing <b>2:00</b> Karaoke <b>3:00</b> Members' Choice	28 <b>11:00</b> Socializing <b>2:00</b> Anxiety & Depression <b>3:00</b> Members' Choice	29 <b>Peer Connections Closed for staff development</b> 	30 <b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Groups	31 <b>11:00</b> Socializing <b>2:00</b> Movie & Popcorn <b>3:00</b> 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 self-discovery, 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 [HERE](#) or scan the QR code

For more information, call **705-498-9925** or email [peersupport@nbd.cmha.ca](mailto: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](http://www.nbd.cmha.ca)  
[peersupport@nbd.cmha.ca](mailto: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**  
**11 am - 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

# JANUARY 2025

