



DECEMBER 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00 Socializing 2:00 Chair Yoga 3:00 Members' Choice	3 11:00 Socializing 2:00 Anxiety & Depression 3:00 Drawing and Painting	4 11:00 Socializing 2:00 Members' Meeting 3:00 Grief Group	5 11:00 Socializing 2:00 Wellness Group 3:00 Festive Crafts	6 11:00 Socializing 2:00 Tree Decorating 3:00 Members' Choice
9 11:00 Socializing 2:00 Card O 3:00 Members' Choice	10 11:00 Socializing 2:00 Anxiety & Depression 3:00 Meditation Group	11 11:00 Socializing 2:00 Skip-Bo Games 3:00 Laughter Yoga	12 11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice	13 11:00 Socializing 2:00 Christmas Movie 3:00 Members' Choice
16 11:00 Socializing 2:00 What Am I? 3:00 Members' Choice	17 11:00 Socializing 2:00 Anxiety & Depression 3:00 Carolling	18 11:00 Socializing 2:00 Sexually Transmitted Diseases: Quinn Erskine, AIDS Committee of North Bay 3:00 Members' Choice	19 11:00 Socializing 2:00 Self-Care 3:00 Holiday Season	20 11:00 Socializing 2:00 Christmas Movie 3:00 Members' Choice
23 11:00 Socializing 2:00 Festive Bingo 3:00 Carolling	24 11:00 Socializing 1:30 Christmas Party & Dinner	25 DROP-IN CENTRE CLOSED MERRY CHRISTMAS	26 DROP-IN CENTRE CLOSED (Boxing Day)	27 11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice
30 11:00 Socializing 2:00 New Year Goals 3:00 Members' Choice	31 11:00 Socializing 2:00 Anxiety & Depression 3:00 Sharing Circle			 Virtual and in-person  Guest Speaker  Movie

SPECIAL PRESENTATION: SEXUALLY TRANSMITTED INFECTIONS & DISEASES

Peer Support Services is pleased to welcome guest speaker Quinn Erskine, Community Prevention and Educational Worker for the AIDS Committee of North Bay & Area, on Wednesday, Dec. 18 at 2 pm for a presentation on Sexually Transmitted Infections (STIs) and Diseases (STDs).

They will provide information on different STIs and STDs. STDs and STIs are spread in ways other than sexual contact and Quinn will equip participants with knowledge about how to protect yourself and others from the spread of these diseases.

NEW YEAR, NEW GOALS

The holiday season and new year are a great time to re-prioritize self-care and update your personal goals for the year.



Join us on Dec. 30 at we discuss making new goals for 2025.

NEW HOURS IN EFFECT!

**MONDAY - FRIDAY
11 AM - 4 PM**

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

CMHA North Bay and District PEER SUPPORT SERVICES

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www.nbd.cmha.ca
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

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