






JANUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>30</p> <p> Virtual and in-person</p> <p> Guest Speaker</p> <p> Movie</p>	<p>31</p> 	<p>1</p> <p>PEER CONNECTIONS CLOSED</p> <p><i>Happy New Year</i></p>	<p>2</p> <p>8:00 Socializing 10:00 "2025" Circle of Care 2:00 Wellness Group 3:00 Members' Choice</p>	<p>3</p> <p>8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>6</p> <p>8:00 Socializing 10:00 Pictionary 2:00 Card-O 3:00 Members' Choice</p>	<p>7</p> <p>8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>8</p> <p>8:00 Socializing 10:00 Member's Meeting 2:00 Pool Tournament 3:00 Members' Choice</p>	<p>9</p> <p>8:00 Socializing 10:00 Sharing Circle 2:00 Wellness Group 3:00 Members' Choice</p>	<p>10</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>13</p> <p>8:00 Socializing 10:00 What Am I? 2:00 Team Meeting - Centre Closed</p>	<p>14</p> <p>8:00 Socializing 10:00 Skip-Bo Tournament 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>15</p> <p>8:00 Socializing 10:00 Charades 2:00 Positivity in a Hat 3:00 Members' Choice</p>	<p>16</p> <p>8:00 Socializing 10:00 Guided Meditation 2:00 Wellness Group 3:00 Members' Choice</p>	<p>17</p> <p>8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>20</p> <p>8:00 Socializing 10:00 Family Feud 2:00 Bingo 3:00 Members' Choice</p>	<p>21</p> <p>8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>22</p> <p>8:00 Socializing 10:00 Chair Yoga 2:00 "Stages of Gender Identity" with Seth Compton 3:00 Members' Choice</p>	<p>23</p> <p>8:00 Socializing 10:00 Pool Tournament 2:00 Wellness Group 3:00 Members' Choice</p>	<p>24</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>27</p> <p>8:00 Socializing 10:00 Boggle 2:00 Skip-Bo Tournament 3:00 Members' Choice</p>	<p>28</p> <p>8:00 Socializing 10:00 Charades 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>29</p> <p>PEER CONNECTIONS CLOSED FOR STAFF DEVELOPMENT</p> 	<p>30</p> <p>8:00 Socializing 10:00 Name That Tune 2:00 Wellness Group 3:00 Members' Choice</p>	<p>31</p> <p>8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Popcorn 3:00 Members' Choice</p>

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 January:
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

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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CALENDAR OF EVENTS

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