

















FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Socializing 2:00 What are Chakras? Part 1: Crown 3:00 Members' Choice</p>	<p>4</p> <p>11:00 Socializing 12:00 Game Day 2:00 Anxiety & Depression 3:00 Meditation Group</p>	<p>5</p> <p>11:00 Socializing 2:00 Members' Meeting 3:00 Members' Choice</p>	<p>6</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>7</p> <p>11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>10</p> <p>11:00 Socializing 2:00 What are Chakras? Part 2: Third Eye 3:00 Members' Choice</p>	<p>11</p> <p>11:00 Socializing 12:00 Valentine's Day Craft 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>12</p> <p>11:00 Socializing 2:00 Family Feud 3:00 Members' Choice</p>	<p>13</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>14</p> <p>11:00 Socializing 12:00 The History of St. Valentine 2:00 Karaoke 3:00 Members' Choice</p>
<p>17</p> <p>Family Day Centre closed</p> 	<p>18</p> <p>11:00 Socializing 12:00 What are Chakras? Part 3: Throat 2:00 Anxiety & Depression 3:00 Meditation Group</p>	<p>19</p> <p>11:00 Socializing 2:00 "Creating Hope" with Erin Russell 3:00 Members' Choice</p>	<p>20</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>21</p> <p>11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>24</p> <p>11:00 Socializing 2:00 What are Chakras? Part 4: Heart 3:00 Members' Choice</p>	<p>25</p> <p>11:00 Socializing 12:00 Game Day 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>26</p> <p>11:00 Socializing 2:00 Trivia Day 3:00 Members' Choice</p>	<p>27</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Group</p>	<p>28</p> <p>11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>3</p>   	<p>4</p>   	<p>5</p>   	<p>6</p>   	<p>7</p>  Virtual and in-person  Guest Speaker  Movie

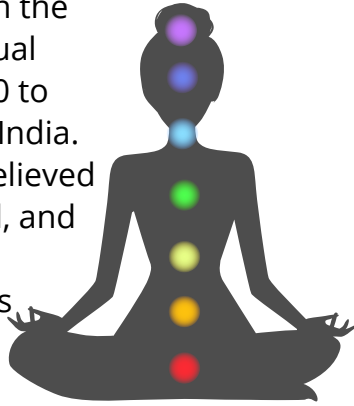
LEARNING SERIES: WHAT ARE THE CHAKRAS?

Interest in the study of Chakras has grown recently as yoga, inner healing, finding harmony with our world, and meditation have become more popular.

The concept of Chakras is a complex and ancient philosophy based on the theory that there are seven main energy points within the body.

They were first mentioned in the Vedas, sacred texts of spiritual knowledge dating from 1500 to 1000 BCE that originated in India. The different Chakras are believed to affect emotional, spiritual, and physical well-being.

The goal of studying Chakras is to achieve balance among them.



In February, we will talk about 4 Chakras:

Monday, Feb. 3 @ 2 pm - Crown Chakra

Monday, Feb. 10 @ 2 pm - Third Eye Chakra

Tuesday, Feb. 18 @ 12 pm - Throat Chakra

Monday, Feb. 24 @ 2 pm - Heart Charas

OTHER INFO SESSION IN FEBRUARY

Friday, Feb. 14 @ 2 pm - The History of St. Valentine

Wednesday, Feb. 19 @ 2 pm - *Creating Hope* with Erin Russell, Education and Support Coordinator, Lived Experience & Recovery Network (LERN)

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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peersupport@nbd.cmha.ca

HOURS OF OPERATION

Monday to Friday
11 am - 4 pm

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anxious, alone
or overwhelmed
and looking for
someone to talk to?

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



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CALENDAR OF EVENTS

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