



FEBRUARY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>8:00 Socializing 10:00 Pictionary 2:00 Skip-Bo Tournament 3:00 Members' Choice</p>	<p>4</p> <p>8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>5</p> <p>8:00 Socializing 10:00 Family Feud 2:00 Members' Meeting 3:00 Members' Choice</p>	<p>6</p> <p>8:00 Socializing 10:00 Card O 2:00 Wellness Group 3:00 Members' Choice</p>	<p>7</p> <p>8:00 Socializing 10:00 Movie & Popcorn 2:00 Karaoke 3:00 Members' Choice</p>
<p>10</p> <p>8:00 Socializing 10:00 What Am I? 2:00 Team Meeting (Peer Connections closed)</p>	<p>11</p> <p>8:00 Socializing 10:00 Pool Tournament 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>12</p> <p>8:00 Socializing 10:00 Journalling 2:00 Positivity in a Hat 3:00 Members' Choice</p>	<p>13</p> <p>8:00 Socializing 10:00 Sharing Circle 2:00 Wellness Group 3:00 Members' Choice</p>	<p>14</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke and Valentine's Dance 3:00 Members' Choice</p>
<p>17</p> <p>Family Day Peer Connections closed</p> 	<p>18</p> <p>8:00 Socializing 10:00 Meditation 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>19</p> <p>8:00 Socializing 10:00 Push-ups: Let's Do This! 2:00 "Creating Hope" with Erin Russell 3:00 Members' Choice</p>	<p>20</p> <p>8:00 Socializing 10:00 Pool Tournament 2:00 Wellness Group 3:00 Members' Choice</p>	<p>21</p> <p>8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>24</p> <p>8:00 Socializing 10:00 Skip-Bo Tournament 2:00 Bingo 3:00 Members' Choice</p>	<p>25</p> <p>8:00 Socializing 10:00 Boggle 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>26</p> <p>8:00 Socializing 10:00 Charades 2:00 "Just Dance" 3:00 Members' Choice</p>	<p>27</p> <p>8:00 Socializing 10:00 Name the Tune 2:00 Wellness Group 3:00 Members' Choice</p>	<p>28</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 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

HIGHLIGHTS FOR THE MONTH OF FEBRUARY

Friday, Feb. 14 @ 2 pm - Valentine's Day Karaoke!

Monday, Feb. 17 - Peer Connections closed

Wednesday, Feb. 19 - Push-ups: Let's Do This!

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



ANXIETY/DEPRESSION GROUP

Join the Anxiety and Depression Group Tuesdays at 2 pm. You can attend virtually or in person.

Topics for February:

February 4 - Self-Care

February 11 - Coping with Anxiety and Depression

February 18 - Learning to Build Trust

February 25 - Inclusivity

WELLNESS GROUP

Join the Wellness Group Thursdays at 2 pm. Attend virtually or in person. Topics for February:

February 6 - Self-Empowerment

February 13 - Compassion

February 20 - Self Love & Forgiveness Part 1

February 27 - Self Love & Forgiveness Part 2



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

PEER CONNECTIONS

194 Main St. West
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North Bay

CALENDAR OF EVENTS

FEBRUARY 2025

