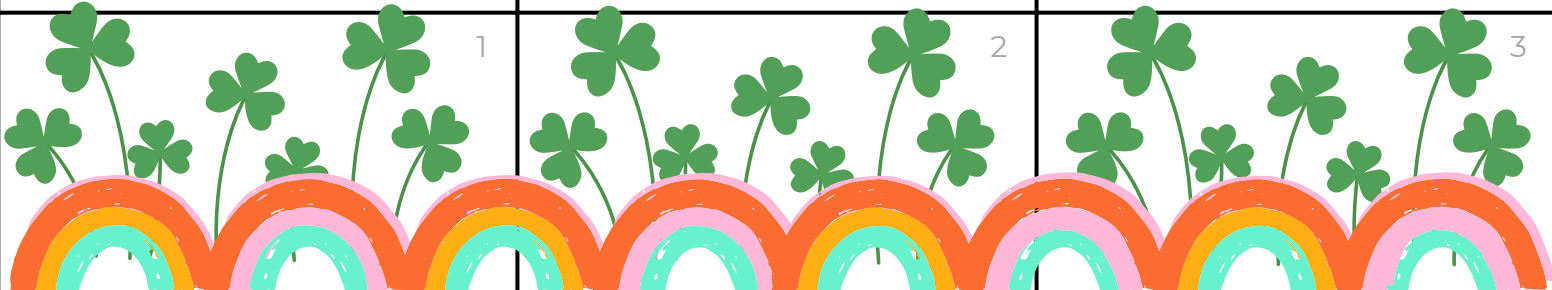



# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>8:00</b> Socializing <b>2:00</b> Mediation Monday <b>3:00</b> Members' Choice</p>	<p>4</p> <p><b>11:00</b> Socializing <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Meditation Group</p>	<p>5</p> <p><b>11:00</b> Socializing <b>2:00</b> Members' Meeting <b>3:00</b> Members' Choice</p>	<p>6</p> <p><b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>7</p> <p><b>11:00</b> Socializing <b>2:00</b> Movie &amp; Popcorn <b>3:00</b> Members' Choice</p>
<p>10</p> <p><b>11:00</b> Socializing <b>2:00</b> Show &amp; Tell <b>3:00</b> Members' Choice</p>	<p>11</p> <p><b>11:00</b> Socializing <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>12</p> <p><b>11:00</b> Socializing <b>2:00</b> Family Feud <b>3:00</b> Members' Choice</p>	<p>13</p> <p><b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>14</p> <p><b>11:00</b> Socializing <b>2:00</b> Karaoke <b>3:00</b> Members' Choice</p>
<p>17</p> <p><b>11:00</b> Socializing <b>2:00</b> St. Patrick's Day Art &amp; Painting <b>3:00</b> Members' Choice</p>	<p>18</p> <p><b>11:00</b> Socializing <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Meditation Group</p>	<p>19</p> <p><b>11:00</b> Socializing <b>2:00</b> "Stages of Gender Identity" with Seth Compton <b>3:00</b> Members' Choice</p>	<p>20</p> <p><b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>21</p> <p><b>11:00</b> Socializing <b>2:00</b> Movie &amp; Popcorn <b>3:00</b> Members' Choice</p>
<p>24</p> <p><b>11:00</b> Socializing <b>2:00</b> Bingo <b>3:00</b> Members' Choice</p>	<p>25</p> <p><b>11:00</b> Socializing <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>26</p> <p><b>11:00</b> Socializing <b>2:00</b> Trivia Day <b>3:00</b> Members' Choice</p>	<p>27</p> <p><b>11:00</b> Socializing <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>28</p> <p><b>11:00</b> Socializing <b>2:00</b> Movie &amp; Popcorn <b>3:00</b> Members' Choice</p>
<p>31</p> <p><b>11:00</b> Socializing <b>2:00</b> Karaoke <b>3:00</b> Members' Choice</p>	<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> <p> <b>Virtual and in-person</b></p> <p> <b>Guest Speaker</b></p> <p> <b>Movie</b></p>

## PEER CONNECTIONS HOSTS GUEST SPEAKER FOR TALK ON STAGES OF GENDER IDENTITY

*Stages of Gender Identity Development*  
with Seth Compton (he/him), Women & HIV/AIDS  
Community Development Coordinator  
**Wednesday, March 19 at 2 pm**

Gender and sexual orientation identity development are universal aspects of the human experience. For LGBTQ 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.

Join Seth Compton as he delves into the different stages of developing gender identity.

## WELLNESS GROUP

Join the Wellness Group Thursdays at 2 pm.  
Attend virtually or in person. Topics for March:  
March 6 - Adaptability  
March 13 - Compassion Part 2  
March 20 - Motivation  
March 27 - Circle of Control



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

# MARCH 2025

