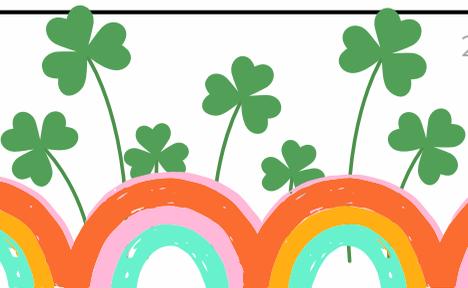


# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p><b>8:00</b> Socializing <b>10:00</b> Pictionary <b>2:00</b> Skip Bo Tournament <b>3:00</b> Members' Choice</p>	<p>4</p> <p><b>8:00</b> Socializing <b>10:00</b> Charades <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>5</p> <p><b>8:00</b> Socializing <b>10:00</b> Members' Meeting <b>2:00</b> Family Feud <b>3:00</b> Members' Choice</p>	<p>6</p> <p><b>8:00</b> Socializing <b>10:00</b> Card O <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>7</p> <p><b>8:00</b> Socializing <b>10:00</b> Movie Marathon <b>2:00</b> Movie &amp; Popcorn <b>3:00</b> Members' Choice</p>
<p>10</p> <p><b>8:00</b> Socializing <b>10:00</b> What Am I? <b>2:00</b> Team Meeting (Peer Connections closed)</p>	<p>11</p> <p><b>8:00</b> Socializing <b>10:00</b> Pool Tournament <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>12</p> <p><b>8:00</b> Socializing <b>10:00</b> Bingo <b>2:00</b> Name-the-Tune <b>3:00</b> Members' Choice</p>	<p>13</p> <p><b>8:00</b> Socializing <b>10:00</b> Sharing Circle <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>14</p> <p><b>8:00</b> Socializing <b>10:00</b> Art Therapy <b>2:00</b> Karaoke <b>3:00</b> Members' Choice</p>
<p>17</p> <p><b>8:00</b> Socializing <b>10:00</b> Creative Writing <b>2:00</b> Bingo <b>3:00</b> Members' Choice</p>	<p>18</p> <p><b>8:00</b> Socializing <b>10:00</b> Positivity in a Hat <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>19</p> <p><b>8:00</b> Socializing <b>10:00</b> Chair Yoga <b>2:00</b> "Stages of Gender Identity" with Seth Compton <b>3:00</b> Member's Choice</p>	<p>20</p> <p><b>8:00</b> Socializing <b>10:00</b> Skip Bo Tournament <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>21</p> <p><b>8:00</b> Socializing <b>10:00</b> Movie Marathon <b>2:00</b> Movie &amp; Popcorn <b>3:00</b> Members' Choice</p>
<p>24</p> <p><b>8:00</b> Socializing <b>10:00</b> Family Feud <b>2:00</b> Pool Tournament <b>3:00</b> Member's Choice</p>	<p>25</p> <p><b>8:00</b> Socializing <b>10:00</b> Boggle <b>2:00</b> Anxiety &amp; Depression <b>3:00</b> Members' Choice</p>	<p>26</p> <p><b>8:00</b> Socializing <b>10:00</b> Charades <b>2:00</b> "Just Dance" <b>3:00</b> Members' Choice</p>	<p>27</p> <p><b>8:00</b> Socializing <b>10:00</b> Name the Tune <b>2:00</b> Wellness Group <b>3:00</b> Members' Choice</p>	<p>28</p> <p><b>8:00</b> Socializing <b>10:00</b> Art Therapy <b>2:00</b> Karaoke <b>3:00</b> Members' Choice</p>
<p>31</p> <p><b>8:00</b> Socializing <b>10:00</b> Pictionary <b>2:00</b> Bowling Tournament <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)

## PEER CONNECTIONS

194 Main St. West  
(use Fraser Street entrance)  
North Bay, ON P1B 2T5  
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  
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  
(use Fraser Street entrance)  
North Bay

CALENDAR OF EVENTS

# MARCH 2025

