








APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>31</p>	<p>1</p> <p>11:00 Socializing 2:00 Anxiety & Depression 3:00 Meditation Group</p>	<p>2</p> <p>11:00 Socializing 2:00 Members' Meeting 3:00 Members' Choice</p>	<p>3</p> <p>11:00 Socializing 2:00 "Self-Care" with Autumn Parsons 3:00 Members' Choice</p>	<p>4</p> <p>11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>7</p> <p>11:00 Socializing 2:00 Show & Tell 3:00 Members' Choice</p>	<p>8</p> <p>11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>9</p> <p>11:00 Socializing 2:00 Trivia Day 3:00 Members' Choice</p>	<p>10</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>11</p> <p>11:00 Socializing 2:00 Karaoke 3:00 Members' Choice</p>
<p>14</p> <p>11:00 Socializing 2:00 3000 Questions 3:00 Members' Choice</p>	<p>15</p> <p>11:00 Socializing 2:00 Anxiety & Depression 3:00 Meditation Group</p>	<p>16</p> <p>11:00 Socializing 2:00 Trivia Day 3:00 Members' Choice</p>	<p>17</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>18</p> <p>GOOD FRIDAY (DROP-IN CENTRE CLOSED)</p> 
<p>21</p> <p>EASTER MONDAY (DROP-IN CENTRE CLOSED)</p> 	<p>22</p> <p>11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>23</p> <p>11:00 Socializing 2:00 Jenga 3:00 Members' Choice</p>	<p>24</p> <p>11:00 Socializing 2:00 Wellness Group 3:00 Members' Choice</p>	<p>25</p> <p>11:00 Socializing 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>28</p> <p>11:00 Socializing 2:00 Karaoke 3:00 Members' Choice</p>	<p>29</p> <p>11:00 Socializing 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>30</p> <p>11:00 Socializing 2:00 Family Feud 3:00 Members' Choice</p>	<p>1</p> 	<p>2</p> <p> Virtual and in-person</p> <p> Guest Speaker</p> <p> Movie</p>

PEER CONNECTIONS HOSTS PRESENTATION ON SELF-CARE

Self-Care

with Autumn Parsons, Peer Support Services Student
Thursday, April 3 @ 2:00 PM

Join Autumn Parsons, a Mental Health and Addictions student from Canadore College, as she discusses how to prioritize self-care and why it's important to establish boundaries, maintain a healthy lifestyle and engage in physical and emotional self-care practices.

ANXIETY & DEPRESSION GROUP

Join the Anxiety & Depression Group Tuesdays at 2:00 pm. Attend virtually or in person. April topics:

April 1 - Inclusivity

April 8 - Irritability

April 15 - Hopelessness

April 22 - Distress Tolerance

April 29 - Trauma and Triggers

WELLNESS GROUP

Join the Wellness Group Thursdays at 2 pm. Attend virtually or in person. April topics:

April 3 - Self-Care with Autumn

April 10 - Overcoming Fears

April 17 - Gossip & Bullying Part One

April 24 - Gossip & Bullying Part Two



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

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
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

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