








APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>31</p>	<p>1</p> <p>8:00 Socializing 10:00 Jeopardy 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>2</p> <p>8:00 Socializing 10:00 Charades 2:00 Member's Meeting 3:00 Members' Choice</p>	<p>3</p> <p>8:00 Socializing 10:00 Card O 2:00 "Self-Care" with Autumn Parsons 3:00 Members' Choice</p>	<p>4</p> <p>8:00 Socializing 10:00 Movie Marathon 2:00 Movie & Popcorn 3:00 Members' Choice</p>
<p>7</p> <p>8:00 Socializing 10:00 What Am I? 2:00 Staff Meeting (Peer Connections closed)</p>	<p>8</p> <p>8:00 Socializing 10:00 Pool Tournament 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>9</p> <p>8:00 Socializing 10:00 Bingo 2:00 Positivity in a Hat 3:00 Members' Choice</p>	<p>10</p> <p>8:00 Socializing 10:00 Skip Bo Tournament 2:00 Wellness Group 3:00 Members' Choice</p>	<p>11</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>14</p> <p>8:00 Socializing 10:00 Pictionary 2:00 Creative Writing 3:00 Members' Choice</p>	<p>15</p> <p>8:00 Socializing 10:00 Boggle 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>16</p> <p>8:00 Socializing 10:00 Wheel of Fortune 2:00 Bowling 3:00 Member's Choice</p>	<p>17</p> <p>8:00 Socializing 10:00 Easter Egg Hunt 2:00 Wellness Group 3:00 Members' Choice</p>	<p>18</p> <p>GOOD FRIDAY (PEER CONNECTIONS CLOSED)</p> 
<p>21</p> <p>EASTER MONDAY (PEER CONNECTIONS CLOSED)</p> 	<p>22</p> <p>8:00 Socializing 10:00 Basketball 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>23</p> <p>8:00 Socializing 10:00 Scattergories 2:00 Zumba 3:00 Members' Choice</p>	<p>24</p> <p>8:00 Socializing 10:00 Name the Tune 2:00 Wellness Group 3:00 Members' Choice</p>	<p>25</p> <p>8:00 Socializing 10:00 Art Therapy 2:00 Karaoke 3:00 Members' Choice</p>
<p>28</p> <p>8:00 Socializing 10:00 Family Feud 2:00 Bingo 3:00 Members' Choice</p>	<p>29</p> <p>8:00 Socializing 10:00 Trivia 2:00 Anxiety & Depression 3:00 Members' Choice</p>	<p>30</p> <p>8:00 Socializing 10:00 Let's Go for Sunshine 2:00 Card O 3:00 Members' Choice</p>	 <p>1</p>	<p>2</p> <p> Virtual and in-person  Guest Speaker  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

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

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CALENDAR OF EVENTS

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