








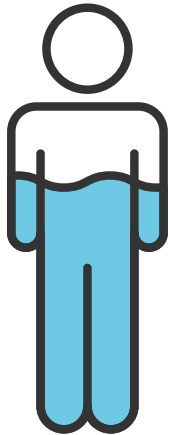
MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div> Virtual and in-person</div><div> Guest Speaker</div><div> Movie</div></div> <div></div>	<div><div></div><div>29</div></div>	<div><div></div><div>30</div></div>	<div><div>1</div><div>11:00 Socializing</div><div>2:00 Wellness Group</div><div>3:00 Members' Choice</div></div>	<div><div>2</div><div>11:00 Socializing</div><div>2:00 Movie &amp; Popcorn</div><div>3:00 Members' Choice</div></div>
<div><div>5</div><div>11:00 Socializing</div><div>2:00 Family Feud</div><div>3:00 Members' Choice</div></div>	<div><div>6</div><div>11:00 Socializing</div><div>2:00 Anxiety &amp; Depression</div><div>3:00 Meditation Group</div></div>	<div><div>7</div><div>11:00 Socializing</div><div>2:00 Members' Meeting</div><div>3:00 Members' Choice</div></div>	<div><div>8</div><div>11:00 Socializing</div><div>2:00 Wellness Group</div><div>3:00 Members' Choice</div></div>	<div><div>9</div><div>11:00 Socializing</div><div>12:00 Mental Health Week BBQ</div></div>
<div><div>12</div><div>11:00 Socializing</div><div>2:00 Jenga</div><div>3:00 Members' Choice</div></div>	<div><div>13</div><div>11:00 Socializing</div><div>2:00 Anxiety &amp; Depression</div><div>3:00 Meditation Group</div></div>	<div><div>14</div><div>11:00 Socializing</div><div>2:00 Dehydration with Tanya Bouchard</div><div>3:00 Members' Choice</div></div>	<div><div>15</div><div>11:00 Socializing</div><div>2:00 Wellness Group</div><div>3:00 Members' Choice</div></div>	<div><div>16</div><div>11:00 Socializing</div><div>2:00 Movie &amp; Popcorn</div><div>3:00 Members' Choice</div></div>
<div><div>19</div><div>VICTORIA DAY (Centre closed)</div><div></div></div>	<div><div>20</div><div>11:00 Socializing</div><div>2:00 Anxiety &amp; Depression</div><div>3:00 Members' Choice</div></div>	<div><div>21</div><div>11:00 Socializing</div><div>2:00 LIPI services with Danielle Gillatly</div><div>3:00 Members' Choice</div></div>	<div><div>22</div><div>11:00 Socializing</div><div>2:00 Wellness Group</div><div>3:00 Members' Choice</div></div>	<div><div>23</div><div>11:00 Socializing</div><div>2:00 Karaoke</div><div>3:00 Members' Choice</div></div>
<div><div>26</div><div>11:00 Socializing</div><div>2:00 Trivia Day</div><div>3:00 Members' Choice</div></div>	<div><div>27</div><div>11:00 Socializing</div><div>2:00 Anxiety &amp; Depression</div><div>3:00 Meditation Group</div></div>	<div><div>28</div><div>11:00 Socializing</div><div>2:00 3000 Questions</div><div>3:00 Members' Choice</div></div>	<div><div>29</div><div>11:00 Socializing</div><div>2:00 Wellness Group</div><div>3:00 Members' Choice</div></div>	<div><div>30</div><div>11:00 Socializing</div><div>2:00 Movie &amp; Popcorn</div><div>3:00 Members' Choice</div></div>

**PEER CONNECTIONS HOSTS  
PRESENTATION ON DEHYDRATION**

*with Tanya Bouchard, Community Paramedic Outreach*

Dehydration occurs when the body loses more fluid than it takes in, and can no longer carry out its normal functions. If you don't replace lost fluids, you will get dehydrated. Tanya will discuss how to avoid dehydration and stay safe and healthy – particularly during the hot summer months.



Tanya will also be performing blood pressure checks and will address any health concerns and questions. Please join us at Peer Connections for this presentation on **Wednesday, May 14 at 2 p.m.**

**OVERVIEW OF LIPI'S SERVICES**

*with Danielle Gillatly, Mobile Brief Intervention Trustee worker*

Danielle will provide details on the services LIPI (Low Income People Involvement) of Nipissing offers to the community and will walk through how to access them. Brochures and intake forms will be available. This presentation will be at Peer Connections on Wednesday, May 21 at 2 p.m.

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](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: 705-498-9925**  
**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**

**MAY  
2025**

