

## VIRTUAL GROUPS SCHEDULE

*As Support House repositions its programming post pandemic the Centre team will be facilitating community groups within Halton shelters and Support House's congregate living spaces on Mondays and Thursdays. We appreciate your understanding and continued support.*


 MONDAY

### Well BEing Drop-In

11:00 AM - 12:30 PM

Attend as often as you need to, share as you are comfortable. (SH)

### We Matter

Collectively explore topics of self-compassion, self-awareness, self-esteem and self-worth. (SH)

6:00 PM - 7:30 PM


 TUESDAY


 WEDNESDAY

### Navigating Stress & Anxiety

Explore and develop wellness tools and self-care strategies. (SH)

1:30 PM - 3:00 PM

### The Social Room

Pull up a chair in our virtual café for fun, interactive team-building games, and café style conversation through topics such as Pop Culture, Improv activities and revisiting trends and events "Through the Decades". (SC)

1:30 PM - 3:00 PM


 FRIDAY

Our Social Connections groups (SC) are open to all on a drop-in basis. Our Self-Help groups (SH) require a short registration process. Please visit our Virtual Self-Help section of our website to register.

Check out our Peer Resource Hub for a list of self-directed resources.

Centre for Innovation in Peer Support's virtual groups are open to anyone age 16 and up, free of charge!

For other peer support group options please check out some of our community partners:

CMHA Halton Region Branch: <https://halton.cmha.ca/peer-support/>

Stride: <https://stride.on.ca/adults>