

MONDAY**Well BEing Drop-In**

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

11:00 AM - 12:30 PM

We Matter

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

6:00 PM - 7:30 PM

TUESDAYWEDNESDAY**Navigating Stress & Anxiety**

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

1:30 PM - 3:00 PM

Centre Café

Cafés offer more than just a great cup of coffee; they're spaces where you can recharge, connect, and create. Come to get creative, discover new hobbies, or simply enjoy some cozy conversation; stay for the warmth and sense of community. (SC)

1:30 - 2:30 PM

THURSDAYFRIDAY**The Social Room**

Welcome to The Social Room where we explore fun activities while creating community together. (SC)

1:30 PM - 3:00 PM

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>