

Peer Zoom Schedule

WHAT'S HAPPENING IN MAY...

VIRTUAL PROGRAM SCHEDULE

Programming May 1st to 31st



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Kick Start Your Week! 10-11am</p> <p>Healthy Head Space 1-2pm</p> <p>No Zooms on May 24th— Closed for Victoria Day</p>	<p>Calendar Planning 11am—12pm (May 11th)</p> <p>Book Club 11am—12pm (May 25th)</p> <p>Healthy Head Space 7-8pm</p>	<p>Living Well 1-2pm (May 12th and 26th)</p>	<p>BINGO 11am-12pm (May 13th)</p> <p>Games Corner 11am-12pm (May 20th, 27th)</p> <p>Healthy Head Space 7-8pm</p> <p>No Evening Zoom May 13th or 20th</p>	<p>Healthy Head Space 2-3pm</p> <p>Take a Trip! 11am-12pm (May 28th)</p>	<p>Healthy Head Space 10:30-11:30am</p> <p>No Zoom May 8th</p>

If you are interested in any of the ZOOMs please email peersupport@cmhaff.ca and we will send you a link to join.

Kick Start Your Week!—Join us Monday mornings for a great start to your week! Come enjoy your breakfast and coffee with us over Zoom, and kick start your week!

Zoom Calendar Planning—Let us know what you would like to see on the calendar for next month.

Healthy Head Spaces — In light of Mental Health Awareness Week, we are transforming our Drop-in groups yet again to celebrate! Hence, a new title; Healthy Head Spaces! Come join us for peer support and to share in all things awesome!

Book Club—Join us as we discuss different books we've been reading, would like to read, or have read in the past!

Take a Trip!— Another trip around the globe, virtually!

Living Well— In this group Linda, Peer Support Worker, will discuss ways to eat healthy, stay active, and stay well!

Games Corner—Games Corner is back! Come join us for some fun as we play different games over Zoom!

BINGO— Bingo has returned! This time, we are bringing the whole experience online! No need to receive Bingo cards, we will have everything available that day, over Zoom!

Remember that Mental Health Awareness week is May 3-9! Time to #GetReal!

