

Peer Zoom Schedule

WHAT'S HAPPENING IN JUNE...

VIRTUAL PROGRAM SCHEDULE

Programming June 1st to 30th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Monday Smiles 11am—12pm (June 7th, 14th, 21st)</p> <p>Drop in 1-2pm (June 7th, 14th, 28th)</p> <p>National Indigenous People's Day 1-3pm (June 21st)</p>	<p>Games Corner 2pm-3pm (June 1st, 8th, 22nd, 29th)</p> <p>Bingo 2pm—3pm (June 15th)</p> <p>Drop in 7-8pm NO EVENING ZOOM JUNE 29TH</p>	<p>Baking on a Budget 1-2pm (June 9th)</p> <p>Living Well 1-2pm (June 23rd)</p>	<p>Calendar Planning 2pm—3pm (June 10th)</p> <p>Father's Day Virtual Tour 2pm—3pm (June 17th)</p> <p>Budgeting 2pm—3pm (June 24th)</p> <p>Drop in 7-8pm</p>	<p>Drop in 2-3pm</p>	<p>Drop in 10:30-11:30am NO ZOOM JUNE 26TH</p>

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



Monday Smiles—Join us Monday mornings for a great start to your week! Come laugh with us on a Zoom that is bound to put a smile on your face for the rest of the week!

Drop in — Drop in groups are designed to be a place to interact with fellow peers in a supportive and respectful way, usually done through games, group discussions, and educational! Come join us for a great environment to express yourself and have fun!

Budgeting—Come learn how to better manage your money!

National Indigenous People's Day—In recognition of this day in Canada, we are having a Zoom dedicated to the history and culture of our indigenous peoples!

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!

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

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

Father's Day Virtual Tour—In celebration of Father's Day, we are doing another virtual tour!

Baking on a Budget—It's back! Join Linda as she makes some fun and delicious treats, for less! Guaranteed to be a good time, it's the return by request of an old favourite!