

MARCH 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>*Programming note for March 7 Guest Speaker Josette Morin of the North Bay Regional Health Centre is coming back to continue the conversation on psychosis.</p>	<p>1 8:45 Productivity 1:15 Members' Meeting 3:00 Peer Support</p> <p>10:30 Grief Support Group </p>	<p>2 8:45 Productivity 10:30 Personal Development: Monthly Goal Setting & Scrapbook 1:15 Movie: Into the Grand Canyon 3:00 Peer Support</p> <p>1:00 Personal Development </p>	<p>3 8:45 Productivity 10:30 Hobby Group: Board Games 3:00 Peer Support</p> <p>2:00 Peer Circle </p>
<p>6 8:45 Productivity 10:30 Wellness: Moving Forward 1:15 Pictionary 3:00 Peer Support</p> <p>2:00 Wellness group </p>	<p>7 8:45 Productivity 10:30 Anxiety & Depression: Self-Esteem 1:15 Guest Speaker: What Not to Ask: The Dos & Don'ts of Mental Health* 3:00 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>8 8:45 Productivity 1:15 Let's Talk About Gossip 3:00 Peer Support</p> <p>10:30 Grief Support Group </p>	<p>9 8:45 Productivity 10:30 Personal Development: How to be Productive 1:15 Healing Circle 3:00 Peer Support</p> <p>1:00 Personal Development </p>	<p>10 8:45 Productivity 10:30 Paint Therapy 1:15 Karaoke</p> <p>2:00 Peer Circle </p>
<p>13 8:45 Productivity 10:30 Wellness: Building Your Tolerance 1:15 Card-O 3:00 Peer Support</p> <p>2:00 Wellness group </p>	<p>14 8:45 Productivity 10:30 Anxiety & Depression: Self-Confidence 1:15 Healthy Living: Laugh Yoga 3:00 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>15 8:45 Productivity 1:15 Healthy Cookbook 3:00 Peer Support</p> <p>10:30 Grief Support Group </p>	<p>16 8:45 Productivity 10:30 Personal Development: Time Management 1:15 Movie: Back to the Future 3:00 Peer Support</p> <p>1:00 Personal Development </p>	<p>17 8:45 Productivity 10:30 Spring Flower Crafts 3:00 Peer Support</p> <p>2:00 Peer Circle </p>
<p>20 8:45 Productivity 10:30 Wellness: Coping with Loneliness 1:15 Charades 3:00 Peer Support</p> <p>2:00 Wellness group </p>	<p>21 8:45 Productivity 10:30 Anxiety & Depression: Self-Worth 1:15 Healthy Living: Chair Yoga 3:00 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>22 8:45 Productivity 1:15 Euchre 101 3:00 Peer Support</p> <p>10:30 Grief Support Group </p>	<p>23 8:45 Productivity 10:30 Personal Development: Accountability 1:15 Euchre Tournament 3:00 Peer Support</p> <p>1:00 Personal Development </p>	<p>24 8:45 Productivity 10:30 Paint Therapy 1:15 Karaoke: Instrumental</p> <p>2:00 Peer Circle </p>
<p>27 8:45 Productivity 10:30 Wellness: Coping with Loneliness 1:15 Family Feud 3:00 Peer Support</p> <p>2:00 Wellness group </p>	<p>28 8:45 Productivity 10:30 Anxiety & Depression: Self-Control 1:15 Healthy Living: Zumba 3:00 Peer Support</p> <p>1:00 Anxiety & Depression </p>	<p>29 8:45 Productivity 1:15 Bingo 3:00 Peer Support</p> <p>10:30 Grief Support Group </p>	<p>30 8:45 Productivity 10:30 Personal Development: Adaptability 1:15 Movie: Wild Yellowstone 3:00 Peer Support</p> <p>1:00 Personal Development </p>	<p>31 8:45 Productivity 10:30 Butterfly Crafts 3:00 Peer Support</p> <p>2:00 Peer Circle </p>

LET'S TALK ABOUT GOSSIP

We often consider gossip as a bad thing. It can contribute to toxic environments, at work, among friends, even within families.

However, gossip is part of human nature.

Studies also suggest the majority of gossip is actually "neutral" and can create strong bonds between people.

Join us on Wednesday, March 8 at 1:15 pm to discuss the positive aspects of gossip and how to notice and avoid the negative side.



WELLNESS GROUP

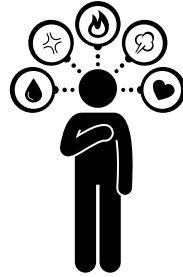
*Mondays at 10:30 am (in-person)
or 2 pm (virtual)*

This month's theme: "**Emotional**"

March 6: **Moving Forward with Grief**

March 13: **Building Your Tolerance**

March 20 & 27: **Coping with Loneliness**



PERSONAL DEVELOPMENT

*Thursdays at 10:30 am (in-person)
or 1 pm (virtual)*

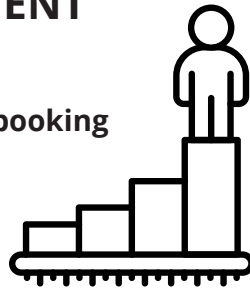
March 2: **Monthly Goals & Scrapbooking**

March 9: **How to be Productive**

March 16: **Time Management**

March 23: **Accountability**

March 30: **Adaptability**



To register for virtual groups, click [HERE](#)
or scan the QR code

For more information, call **705-498-9925**
or email peersupport@nbd.cmha.ca

CMHA North Bay and District PEER SUPPORT SERVICES

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HOURS OF OPERATION

Monday to Friday

8:30 am - 4:30 pm

CLOSED DAILY FOR LUNCH

12 - 1pm

CLOSED FOR CLEANING

10:15 - 10:30 am

1 - 1:15 pm

2:45 - 3 pm



Are you feeling anxious,
alone
or overwhelmed
and looking for someone to
talk to?

Peer Line: 705-498-9925

Members' Line: 705-494-8088



Canadian Mental
Health Association
North Bay and District

Association canadienne
pour la santé mentale
North Bay et District

CMHA North Bay and District PEER SUPPORT SERVICES

CENTRAL

351 Ferguson St.
North Bay

CALENDAR OF EVENTS

MARCH 2023



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