




71 Raleigh St.
Chatham, ON
N7M2M9
519-351-3100

Virtual Peer Support Groups

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Warm line open from 9-4: 519-351-3140</p> <p>10:30 Facebook Page Challenge</p> <p>1:00 Mindful Creativity with Sam on our Facebook page. Take time out today to meditate! Together we will learn how creativity and meditation adds value to our lives.</p> 	<p>Warm line open from 9-4: 519-351-3140</p> <p>10:30 Facebook Page Challenge</p> <p>1:00 Facebook Live- Grab a cup of coffee/tea and join us for conversation. We want you to meet you where you are and have a discussion on a current event or topic of interest. Maybe even some trivia fun. Relax and have fun while maintaining physical distancing.</p> 	<p>Warm line open from 9-4: 519-351-3140</p> <p>10:30 Facebook Page Challenge</p> <p>1:00 Jeff will be coming to you Live with Wellness Wednesday's! Lot's of information about personal wellness. Tune in for some great tips and information!</p> 	<p>Warm line open from 9-4: 519-351-3140</p> <p>10:30 Facebook Page Challenge</p> <p>1:00 Food & Body -Topics about body image, our relationship with food, support for your diet etc. You don't have to do it alone!! Join Jenny in a small private group. To receive an invitation to this group email: jenny@mhnc.com</p> <p>6:00-7:00pm Free 2 B Me Youth ages 16-30 who identify as LGBT2SQ+ or an ally are invited to participate in a Zoom group where we will provide a safe online space to make friends and discuss the issues that matter most to you!*See below for more details.</p> 	<p>Warm line open from 9-4: 519-351-3140</p> <p>10:30 Facebook Page Challenge</p> <p>1:00 Music Appreciation with Jeff visit our FB Page. Music is a wonderful way to express feelings and to use for relaxation and enjoyment.</p> 

Thursday's from 6:00-7:00pm **Free 2 B Me** Youth ages 16-30 who identify as LGBT2SQ+ or an ally are invited to participate in a Zoom group where we will provide a safe online space to make friends and discuss the issues that matter most to **you!** Expect many learning opportunities and exciting games with a focus on LGBT2SQ+ relevant topics, maintaining wellness, and having fun. You can choose to participate with audio and/or video, or simply watch the stream and comment in the discussion, depending on your comfort level. Email sam@mhnc.com to receive a link invitation to the Zoom meeting room where this private group will be held, or if you just need to talk.

We hope you and your families are doing well and staying safe during this difficult time. During the current public health situation, MHNCK will continue to offer virtual services to you. We are still open from Monday- Friday from 9-4 for telephone peer support. If you would like a zoom peer support session please email: jenny@mhnc.com or jeff@mhnc.com to make arrangements. Peer supporters are mental health professionals who utilize their lived experience with mental health to support others who might be going through similar challenges. **YOU ARE NOT ALONE, WE ARE ALL IN THIS TOGETHER!** If you are in crisis, please call 911 or 1-866-299-7447. **Events subject to change*

