



Canadian Mental
Health Association
Peel Dufferin
Mental health for all

Association canadienne
pour la santé mentale
Peel Dufferin
La santé mentale pour tous

Legend:

















Peer Led



Registration Required ** (through CMHA worker, or intake)

May 2025- Dufferin Groups

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 2:00pm- 3:00pm: Anger Solutions 4:30pm- 6:00pm: Peer Connection  	8 10:00am- 12:30pm: WRAP 	9 3:00pm- 5:00pm: Brave Canoe Healing Circle
12	13	14 10:30am-12pm: Caregiver Peer Support Group 2:00pm- 3:00pm: Anger Solutions 4:30pm- 6:00pm: Peer Connection   	15 10:00am- 12:30pm: WRAP 	16
19	20	21 2:00pm- 3:00pm: Anger Solutions 4:30pm- 6:00pm: Peer Connection  	22 10:00am- 12:30pm: WRAP 	23 3:00pm- 5:00pm: Brave Canoe Healing Circle
26	27	28 10:30am-12pm: Caregiver Peer Support Group 2:00pm- 3:00pm: Anger Solutions 4:30pm- 6:00pm: Peer Connection   	29 10:00am- 12:30pm: WRAP 	30

**** All groups are held at 1 Elizabeth St., unless stated otherwise**

**** If you have a CMHA worker, please connect with them to enroll. Otherwise, please call our main line: (905) 451-2123**