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)

November 2026- Dufferin Groups

Monday	Tuesday	Wednesday	Thursday	Friday
2 **10:30am- 12pm:** MAST	**3**	**4**	**5**	**6**
9 **10:30am- 12pm:** MAST	**10**	**11** **10:30am- 12pm:** Caregiver Peer Support Group **3pm- 5pm:** Peer Connection	**12**	**13**
16 **10:30am- 12pm:** MAST	**17**	**18** **3pm- 5pm:** Peer Connection	**19** **10am- 2:30pm:** WRAP	**20**
23 **10am- 11:30am:** Reset & Rebuild **10:30am- 12pm:** MAST	**24**	**25** **10:30am- 12pm:** Caregiver Peer Support Group **3pm- 5pm:** Peer Connection	**26** **10am- 2:30pm:** WRAP	**27**
30 **10am- 11:30am:** Reset & Rebuild				

**** All groups are held at 1 Elzabeth St., Orangeville, ON unless stated otherwise**

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