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)

October 2026- Dufferin Groups

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5	6	7 **4:30pm- 6:00pm:** Peer Connection	8	9
12	13	14 **10:30am- 12pm:** Caregiver Peer Support Group **4:30pm- 6:00pm:** Peer Connection	15	16
19	20	21 **4:30pm- 6:00pm:** Peer Connection	22	23
26 **10:30am- 12pm:** MAST	27	28 **10:30am- 12pm:** Caregiver Peer Support Group **4:30pm- 6:00pm:** Peer Connection	29	30

**** 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**