



**VIRTUAL  
GROUP**  
Every Thursday  
12:45—1:45  
PM



# Peer Support Drop-in Group

**CALL TO REGISTER**  
**905.522.1155**  
ext. 39559

- Groups are open to persons living with lived experience of mental illness who feels they may benefit from participating in a peer run support group
- Weekly discussion themes are determined by group participants and trained peer support staff