

Peer Support North (formerly NISA): August 2026 Program Calendar

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Peer Support North (NISA) Closed Civic Holiday	4 • 8.30am-12.00pm Closed Staff Meeting Doors Open at 1pm • 1:00-2:00: Vision Boards - In Person • 6:00-7:30 WE MATTER - Virtual Only	5 • 10:00-12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:30-3:00 Navigating Stress & Anxiety – Hybrid Coming in September!! 1.00-3.15: WRAP for Healthy Aging	6 • 10.00-12.15-WRAP for Addictions-Hybrid • 1.00-2.00-Connection Corner (Superpowers & Strength) -Hybrid Coming in September!! 1.00-3.15: Holistic Art Program-In Person	7 • 10:00-11:30 Food is Mood - In Person (Peppered Pork Pitas) • 11:30-12:30 Paint by Number - In Person • 1:00-3:00 Open Mic - In Person	8
9	10 • 10:00-11:00 Sharing Circle - Hybrid (Effects of Isolation) • 11:30-12:30 Skills for Living Well - Hybrid (Stretching for Everyday Wellness) • 1:00-2:00 Substance Use Sharing Circle - Hybrid (Living with Triggers)	11 • 10:00-11:30 Food is Mood - In Person (Rice & Beans Power Bowl) • 11:30-12:30 Categories Game - In Person • 1:00-2:00 Color Mixing - In Person • 6:00-7:30 WE MATTER - Virtual Only	12 • 10:00-12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:30-3:00 Navigating Stress & Anxiety - Hybrid Coming in September!! 1.00-3.15: WRAP for Healthy Aging	13 • 10.00-12.15-WRAP for Addictions-Hybrid • 1.00-2.00-Connection Corner (Mindfulness Moment)-Hybrid Coming in September!! 1.00-3.15: Holistic Art Program-In Person	14 • 10:00-11:30 Food is Mood - In Person (Apple Cider Chicken/Sweet Potato/Asparagus) • 11:30-12:30 Line Works- In Person • 1:00-3:00 Open Mic - In Person	15
16	17 • 10:00-11:00 Sharing Circle - Hybrid (Building Resilience) • 11:30-12:30 Skills for Living Well - Hybrid (Love Language) • 1:00-2:00 Substance Use Sharing Circle - Hybrid (Managing Difficult Emotions)	18 • 10:00-11:30 Food is Mood - In Person (Cilantro Lime Chicken Tacos) • 11:30-12:30 Guess Who - In Person • 1:00-2:00 Nature Study - In Person • 6:00-7:30 WE MATTER - Virtual Only	19 • 10:00-12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:30-3:00 Navigating Stress & Anxiety – Hybrid Coming in September!! 1.00-3.15: WRAP for Healthy Aging	20 • 10.00-12.15-WRAP for Addictions-Hybrid • 1.00-2.00-Connection Corner (Doodle Share) Hybrid Coming in September!! 1.00-3.15: Holistic Art Program-In Person	21 • 10:00-11:30 Food is Mood - In Person (Butternut Squash Shepherd's Pie) • 11:30-12:30 Wellness Walk In Person (Laugh & Connect) • 1:00-3:00 Open Mic - In Person	22
23	24 • 10:00-11:00 Sharing Circle - Hybrid (Self-Awareness & Growth) • 11:30-12:30 Skills for Living Well - Hybrid (Hydration & Energy) • 1:00-2:00 Substance Use Sharing Circle - Hybrid (Burnout, Stress & Survival Mode)	25 • 10:00-11:30 Food is Mood - In Person (Pineapple Pork Stir Fry) • 11:30-12:30: Would you Rather - In Person • 1:00-2:00 Brushstrokes - In Person : • 6:00-7:30 WE MATTER - Virtual Only	26 • 10:00-12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:30-3:00 Navigating Stress & Anxiety – Hybrid Coming in September!! 1.00-3.15: WRAP for Healthy Aging	27 • 10.00-12.15-WRAP for Addictions-Hybrid • 1.00-2.00-Connection Corner (Trivia Challenge- Movies & Music) -Hybrid Coming in September!! 1.00-3.15: Holistic Art Program-In Person	28 • 10:00-11:30 Food is Mood - In Person (Veggie & Bean Wraps) • 11:30-12:30 Wellness Walk - In Person ("I Spy"-Mindfulness Walk) • 1:00-3:00 Open Mic - In Person	29
30	31 • 10:00-11:00 Sharing Circle - Hybrid (Body Positivity) • 11:30-12:30 Skills for Living Well - Hybrid (Communication with Confidence) • 1:00-2:00 Substance Use Sharing Circle - Hybrid (Shame, Self Criticism & Self Compassion)					

Want to know more about Peer Support North (formerly NISA) or any of these groups? Would you like to sign up for a group? Please contact us at info@nisa.on.ca, call 705-222-6472 or visit our website at nisa.on.ca.
 Connection Days (Tuesdays & Fridays) New to Peer Support North? Start here! Drop in to meet a Peer Support Worker, learn about our services, ask questions, and find programs that are right for you. (A Welcome Meeting is required before attending other groups)
 Groups: (Mondays, Wednesdays & Thursdays): Registration is required.