

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 • 8:30am–12:00pm Closed Staff Meeting Doors Open at 1pm • 1:00–2:00 Post Card Creations – In Person • 6:00–7:30 WE MATTER – Virtual Only	2 • 10:00–12:15 Wellness Recovery Action Planning (WRAP) – Hybrid (Group starts on September 16th) • 1:00–3:15 WRAP for Healthy Aging – Hybrid (Group starts on September 16th) • 1:30–3:00 Navigating Stress & Anxiety – Hybrid	3 • 10:00–12:15 WRAP for Addictions – Hybrid (Group starts on September 17th) • 1:00–2:00 Connection Corner (Recognizing Your Strengths) – Hybrid Coming in October!! • 1:00–3:15 Holistic Art Program – In Person	4 • 10:00–11:30 Food is Mood – In Person (Mini Meatloaf/Potatoes/Brussel Sprouts) • 11:30–12:30 Wellness Walk – In Person (Outdoor Memory Game) • 1:00–3:00 Open Mic – In Person	5
6	7 Peer Support North (NISA) Closed Labour Day	8 • 10:00–11:30 Food is Mood – In Person (Chicken & Rice Soup) • 11:30–12:30 Visual Spatial Puzzles – In Person • 1:00–2:00 Bead Bracelets – In Person • 6:00–7:30 WE MATTER – Virtual Only	9 • 10:00–12:15 Wellness Recovery Action Planning (WRAP) – Hybrid (Group starts on September 16th) • 1:00–3:15 WRAP for Healthy Aging – Hybrid (Group starts on September 16th) • 1:30–3:00 Navigating Stress & Anxiety – Hybrid	10 • 10:00–12:15 WRAP for Addictions – Hybrid (Group starts on September 17th) • 1:00–2:00 Connection Corner-Hybrid (Mindful Moments) Coming in October!! • 1:00–3:15 Holistic Art Program – In Person	11 • 10:00–11:30 Food is Mood – In Person (Homemade Cauliflower Pizza with Caesar Salad) • 11:30–12:30 Wellness Walk – In Person (Toss Me Some Kindness) • 1:00–3:00 Open Mic – In Person	12
13	14 • 10:00–11:00 Sharing Circle – Hybrid (Letting Go) • 11:30–12:30 Skills for Living Well – Hybrid (Building Routines) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Healthy Relationships & Boundaries)	15 • 10:00–11:30 Food is Mood – In Person (Ham and Broccoli Mac & Cheese) • 11:30–12:30 Numbers/Patterns & Sequence – In Person • 1:00–2:00 Grid Art Method – In Person • 6:00–7:30 WE MATTER – Virtual Only	16 • 10:00–12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:00–3:15 WRAP for Healthy Aging – Hybrid • 1:30–3:00 Navigating Stress & Anxiety – Hybrid	17 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner-Hybrid (Kindness & Connection) Coming in October!! • 1:00–3:15 Holistic Art Program – In Person	18 • 10:00–11:30 Food is Mood – In Person (Strawberry Chicken Spinach Salad) • 11:30–12:30 Wellness Walk – In Person (Scavenger Hunt) • 1:00–3:00 Open Mic – In Person	19
20	21 • 10:00–11:00 Sharing Circle – Hybrid (Gratitude & Presence) • 11:30–12:30 Skills for Living Well – Hybrid (Staying Calm During Difficult Conversations) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Communication & Asking for Support)	22 • 10:00–11:30 Food is Mood – In Person (Taco Spaghetti & Salad) • 11:30–12:30 Memory and Recall Games – In Person • 1:00–2:00 Autumn Paint Along – In Person • 6:00–7:30 WE MATTER – Virtual Only	23 • 10:00–12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:00–3:15 WRAP for Healthy Aging – Hybrid • 1:30–3:00 Navigating Stress & Anxiety – Hybrid	24 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner-Hybrid (Game Day-Pictionary) Coming in October!! • 1:00–3:15 Holistic Art Program – In Person	25 • 10:00–11:30 Food is Mood – In Person (Beef Stew) • 11:30–12:30 Wellness Walk – In Person (Transforming Clouds & Sounds) • 1:00–3:00 Open Mic – In Person	26
27	28 • 10:00–11:00 Sharing Circle – Hybrid (Self Compassion) • 11:30–12:30 Skills for Living Well – Hybrid (Money, Mood & Spending) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Trauma & Substance Use)	29 • 10:00–11:30 Food is Mood – In Person (Bean & Veggie Quesadillas) • 11:30–12:30 Jeopardy – In Person • 1:00–2:00 Orange Button Making – In Person • 6:00–7:30 WE MATTER – Virtual Only	30 • 10:00–12:15 Wellness Recovery Action Planning (WRAP) – Hybrid • 1:00–3:15 WRAP for Healthy Aging – Hybrid • 1:30–3:00 Navigating Stress & Anxiety – Hybrid			

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.