

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner – Hybrid (Collaborative Storytelling – Pass the Mic) Holistic Arts Based Program Starts October 8	2 • 10:00–11:30 Food is Mood – In Person (Shrimp & Spinach Alfredo Pasta) • 11:30–12:30 Wellness Walk – In Person (Toss Me Some Kindness) • 1:00–3:00 Open Mic – In Person	3
4	5 • 10:00–11:00 Sharing Circle – Hybrid (Relationships & Support Systems) • 11:30–12:30 Skills for Living Well – Hybrid (Visualizing Success) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Rebuilding Trust)	6 • 8:30–12:00 Closed Staff Meeting Doors Open at 1:00 p.m. • 1:00–2:00 Connection Day – Blind Contour – In Person • 6:00–7:30 WE MATTER – Virtual Only	7 • 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	8 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner – Hybrid (Rapid Fire Fun Questions) • 1:00–3:15 Holistic Arts Based Program – In Person	9 • 10:00–11:30 Food is Mood – In Person (Chicken/Mashed Potatoes/Stuffing & Asparagus) • 11:30–12:30 Wellness Walk – In Person (Gratitude Journal Walk) • 1:00–3:00 Open Mic – In Person	10
11	12 PEER SUPPORT NORTH CLOSED – Thanksgiving	13 • 10:00–11:30 Food is Mood – In Person (Creamy Tuna Pasta) • 11:30–12:30 Connection Day Activity – Word Play & Language Puzzles – In Person • 1:00–2:00 Connection Day Activity – Storyboarding – In Person • 6:00–7:30 WE MATTER – Virtual Only	14 • 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	15 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner – Hybrid (The Soundtrack of My Life) • 1:00–3:15 Holistic Arts Based Program – In Person	16 • 10:00–11:30 Food is Mood – In Person (Chinese: Pork Lo Mein and Veggies) • 11:30–12:30 Wellness Walk – In Person (Picnic – Gratitude for the Year) • 1:00–3:00 Open Mic – In Person	17
18	19 • 10:00–11:00 Sharing Circle – Hybrid (Coping with Stress) • 11:30–12:30 Skills for Living Well – Hybrid (Sleep Chronotypes) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Small Routine – Small Step)	20 • 10:00–11:30 Food is Mood – In Person (Quinoa Black Bean Power Bowl with Avocado) • 11:30–12:30 Connection Day Activity – Logic & Reasoning – In Person • 1:00–2:00 Connection Day Activity – Light & Shading Art Group – In Person • 6:00–7:30 WE MATTER – Virtual Only	21 • 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	22 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner – Hybrid (Fall/Winter Mindful Activities) • 1:00–3:15 Holistic Arts Based Program – In Person	23 • 10:00–11:30 Food is Mood – In Person (Vegetarian Sloppy Joes) • 11:30–12:30 Wellness Walk – In Person (Music for Self-Care) • 1:00–3:00 Open Mic – In Person	24
25	26 • 10:00–11:00 Sharing Circle – Hybrid (Mindfulness & Grounding) • 11:30–12:30 Skills for Living Well – Hybrid (Confidence vs. Arrogance) • 1:00–2:00 Substance Use Sharing Circle – Hybrid (Harm Reduction & Safer Choice)	27 • 10:00–11:30 Food is Mood – In Person (Lentil & Egg with Rice Power Bowl) • 11:30–12:30 Connection Day Activity – Attention & Focus – In Person • 1:00–2:00 Connection Day Activity – Character Design – In Person • 6:00–7:30 WE MATTER – Virtual Only	28 • 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	29 • 10:00–12:15 WRAP for Addictions – Hybrid • 1:00–2:00 Connection Corner – Hybrid (Halloween Doodle Share) • 1:00–3:15 Holistic Arts Based Program – In Person	30 • 10:00–11:30 Food is Mood – In Person (Hawaiian BBQ Chicken with Coleslaw) • 11:30–12:30 Wellness Walk – In Person (Land Art) • 1:00–3:00 Open Mic – In Person	31

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.