



Peer to Peer Support Groups 2025

Month	Topic	Date	Zoom Sign Up (Click to Sign Up)
January	Beating the Winter Blues: Mental Wellbeing and Self-Care during the Winter Months	Tuesday Jan 21 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJEIce-hqDgiGdHobCdZhOmsnnfFsNBeHbD-
February	Building Healthy and Nurturing Relationships	Tuesday Feb 11 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJYvdO-uqjwrHdd8BRjWS0LahgR3tqFU1XYj
March	Marching Forward: Self-Growth and Change	Tuesday Mar 11 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJ0tde-tqTgiEtQa2wbBRXUwHQzTWfmGCIK
April	Stress Less: Managing Stress and Anxiety	Tuesday Apr 8 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJAuc-uuqzkiHtwVk2EQiMVpVNOKSX2vbFxu
May	Disconnect to Reconnect: Exploring Social Media and Mental Health	Tuesday May 13 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJ0qcuisqT0qG9a9JQ7nfNOQEz8Pu2hIMOJW
June	Owning Your Success: Working Through Imposter Syndrome	Tuesday Jun 10 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJEvcO6grz4sG9OpPNbL7qbI9Rh7Ode9In_X
July	The Power of Saying “No”: Boundary Setting and Assertive Communication	Tuesday Jul 15 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJYvdu6hrjktHdOPYwCuGXZRIajdWTWWHYQN

Peer to Peer Support Groups 2025 (continued)

Month	Topic	Date	Zoom Sign Up
August	Finding Joy in Everyday Moments: Practicing Gratitude	Tuesday Aug 12 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJUoc-mgqz4pHNTFJNBKI7c2G6qRGR66_XG_u
September	Rest to Reset: Getting Better Sleep and Managing Life	Tuesday Sep 16 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJEkdeitqzgiGdAvBOWVdclKcJxQgrHI_mG
October	The Time Toolbox: Time Management for Balance and Productivity	Tuesday Oct 14 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJwudO6srzMqHtxKXR_2ccBmpkRwkDbnRm23
November	Burn Bright, Not Out: Burnout Prevention	Tuesday Nov 18 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJwkf-itqDkqHd0BIPc_y4ce-HqXe81U-QoL
December	Holiday Harmony: Navigating Holiday Stress	Tuesday Dec 9 12-1PM <i>PT</i> , 3-4PM <i>ET</i>	https://yorkvilleu-tfs.zoom.us/meeting/register/tJlIsfu6orjMrHdM12cHCcYZKfb_jcaw0aOGa