

\*\* Calendar subject to change without notice to promote membership wellness. \*\*

# Gravenhurst Group

# South Muskoka COI Drop-in January 2020



**Canadian Mental  
Health Association**  
Muskoka - Parry Sound

Addictions and  
Mental Health Services



MONDAYS & WEDNESDAYS  
1:00 to 3:30 PM

TRINITY UNITED CHURCH,  
290 Muskoka Road North

We are a self-help, peer-run  
initiative for people who live  
with mental health issues. We  
provide peer support, skills  
teaching and recovery  
education.



**CONTACT:**

Linda Watt, Initiative Coordinator  
Cell: (705) 205-5601  
Tel: (705) 645-2262, Ext 1603

Valerie Kitchen, Program Manager  
1-866-829-7050, Ext 4228

Call by 10:30 am if transportation  
is required to attend the drop-in

We are a Scent Free Zone,  
please no perfume, cologne or  
after shave.

SUN	MON	TUE	WED	THU	FRI	SAT	
			1	2	3	4	
5	6 <i>Socializing &amp; Catch up</i>	7	8 <i>Members Pay Lunch @ Rickshaw</i>	9	10	11	
12	13 <i>Stress Reduction Workshop</i>	14	15 <i>Music &amp; Movement</i>	16	17	18	
19	20 <i>Arts &amp; Crafts</i>	21	22 <i>Member's Meeting &amp; Calendar</i>	23	24	25	
26	27 <i>MOVIE DAY</i>	28	29 <i>Tickle Trunk</i>	30	31		

Walks are always on  
the calendar ...  
weather permitting!

Supported by / Avec le soutien de



**Ontario**

North Simcoe Muskoka Local  
Health Integration Network  
Réseau local d'intégration  
des services de santé de  
Simcoe Nord Muskoka