

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



Canadian Mental Health Association
Muskoka - Parry Sound

Addictions and Mental Health Services



January 2020

Greenhouse Friendship Centre

*Tuesdays
1:00–3:30 pm
@ Summit Centre
Al Thorpe Room
Near pool entrance*

*Community Thursdays
1:00 –3:00 pm
@ Huntsville Place Mall*

Greenhouse is a Self-Help, Peer-run Initiative for consumers/survivors for people who live with mental health issues. We provide Peer Support, Skills Teaching and Recovery Education.

**Contact: Linda Watt
Initiative Coordinator**

Mobile: (705) 205-5601

Phone: (705)-645-2262 #1603

Community Thursday Contacts

Alan 705-783-0083 via text

Todd 705-380-1088

We are a Scent Free Zone, please do not use perfume, cologne, after shave or any scented products when attending Greenhouse .

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
				Community Thursdays Self run		
5	6	7	8	9	10	11
		Swimming or member's choice		Community Thursdays		
12	13	14	15	16	17	18
		Shop, Cook and Eat		Community Thursdays		
19	20	21	22	23	24	25
		Members Meeting/Calendar		Community Thursdays		
26	27	28	29	30	31	
		Bowling Self run		Community Thursdays		

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

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