

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



Canadian Mental Health Association
Muskoka - Parry Sound

Addictions and Mental Health Services



South Muskoka Bracebridge



Thursdays

9:30 am – 12:00 pm

173 Manitoba St, Bracebridge
Small MPR (in the basement)

January 2020

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.

Please help us maintain our Scent-free Work Environment!

For More Information Contact:

Linda Watt, Initiative Coordinator
(mobile) 705-205-5601
(office) 705-645-2262, ext 1603

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NOTE TIME CHANGE TO 9:30 AM			CLOSED 1 	2 <i>Bingo with Patty</i>	3	4
	5	6	7	8	9 <i>Yahtzee</i>	10
12	13	14	15	16 <i>Movie Day</i>	17	18
19	20	21	22	23 <i>Members Meeting & Calendar</i>	24	25
26	27	28	29	30 <i>Breakfast @ Nick's</i>	31	

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

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