

\*\* 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



# February 2019

**Thursdays**

**10:00AM – 12:00PM**

173 Manitoba St, Bracebridge, P1L 1S3  
Small MPR (in the basement)

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  
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1-866-829-7050

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**Ontario**

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<b>BUS SCHEDULE FOR BOWLING:</b> 09:30 pick up at CMHA – 173 Manitoba St., Bracebridge (rear parking lot) 09:45 pick up at Doe Lake Residence – 1750 Gravenhurst Parkway, Gravenhurst 09:55 pick up at Trinity United Church – 290 Muskoka Road North, Gravenhurst 10:45 arrive at Huntsville Bowl – 2 Cann Street, Huntsville 1:15 pm pick up at Huntsville Bowl for return trip ending at CMHA						1	2
3	4	5	6	7 <i>Valentine's Day Arts &amp; Crafts</i>	8	9	
10	11	12	13	14 <i>Movie Day "Greatest Showman"</i>	15	16	
17	18 <i>FAMILY DAY</i>	19	20	21 <i>Games Day With Guest IC (Linda on Vacation)</i>	22	23	
24	25	26	27	11 am-1 pm 28 <i>Bowling with Greenhouse in Huntsville</i>			

As part of our Accessibility policy and commitment, if you are wishing to have this information in a different format, please contact the Manager of Human Resources and Administration [feedback@cmhamps.ca](mailto:feedback@cmhamps.ca) or call 705-645-2262.