

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

Gravenhurst Group

South Muskoka COI Drop-in February 2019



**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
Walks are always on the calendar ... weather permitting!					1	2
3	4 Music & Movement	5	1:00 Members' Lunch @ Rickshaw Restaurant	6	7	8
10	11 Members Meeting & Calendar	12	13 Kitchen Korner Pizza on Naan Bread & Salad	14	15	16
17	18 CLOSED	19	20 Games Day with Guest IC	21	22	23
24	25 Movie Day	26	27 CLOSED	28 11am — 1 pm Bowling & Lunch with Greenhouse		

BUS SCHEDULE FOR FEB. 28TH:

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

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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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