

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

# Gravenhurst Group

# South Muskoka COI Drop-in February 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
<b>February 10th &amp; 12th For a ride, call Valerie or Kathy 1-866-829-7050 before 10:00</b>						1
	<b>2</b> Stress Reduction Workshop Bring books	<b>3</b>	<b>4</b>	<b>5</b> Members Pay Lunch @ Rickshaw	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b> Arts & Crafts With Patty	<b>11</b>	<b>12</b> Music & Movement with Patty	<b>13</b>	<b>14</b> 
<b>15</b>	<b>16</b>	<b>17</b> CLOSED Family Day	<b>18</b>	<b>19</b> Member's Meeting & Calendar	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> MOVIE DAY	<b>25</b>	<b>26</b> CLOSED IC Meeting No coverage	<b>27</b>	<b>28</b>
<b>29</b>						

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