

\*\* 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 2020

**Thursdays**

**9:30 am – 12:00 pm**

173 Manitoba St, Bracebridge  
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  
(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
<b>NOTE TIME CHANGE TO 9:30 AM</b>						1
2	3	4	5	6 <i>Breakfast @ Nick's</i>	7	8
9	10	11	12	13 <i>Arts &amp; Crafts with Patty</i>	14 	15
16	17	18	19	20 <i>Members Meeting &amp; Calendar</i>	21	22
23	24	25	26	27 <i>Movie Day</i>	28	29



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