

** 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



April 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:

Valerie Kitchen, Program Manager
Kathy Stevenson, Assistant

1-866-829-7050

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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|---|--------------------------|-----|
| | 1 | 2 | 3 | 4 <i>Share & Care</i> | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 <i>Music & Movement</i> | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 <i>Movie Day With Valerie</i> | 19 Good Friday | 20 |
| 21 | 22 | 23 | 24 | 25 <i>Members Meeting & Calendar</i> | 26 | 27 |
| 28 | 29 | 30 | | | | |

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 or call 705-645-2262.