

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

Gravenhurst Group

South Muskoka COI Drop-in April 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
	1 Adult Colouring	2	3 Members Pay Lunch @ Rombo's	4	5	6
7	8 Music & Movement	9	10 Kitchen Korners	11	12	13
14	15 Tickle Trunk	16	17 Games Day	18	19	20
21	22 Members Meeting & Calendar	23	24 CLOSED	25	26	27
28	29 Movie Day	30				

**Walks are always on
the calendar ...
weather permitting!**

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Ontario

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