

\*\* 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



# August 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:

Linda Watt, Initiative Coordinator  
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(office) 705-645-2262, ext 1603

Valerie Kitchen, Program Manager  
1-866-829-7050

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Movie Day</i>	2	3
4	5	6	7	4:30-8-ish pm 8 <i>Music &amp; BBQ @ Memorial Park Bring something To sit on</i>	9	10
11	12	13	1—3:30 14 <i>Bring bag lunch @ Gull Lake See Linda for transportation</i>	15 <i>No Meeting</i>	16	17
18	19	20	21	22 <i>Breakfast @ Nick's Restaurant</i>	23	24
25	26	27	28	29 <i>Bingo! With Susan</i>	30	31

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

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