

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

Gravenhurst Group

South Muskoka COI Drop-in October 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	2	3	4	5
			Members Pay Lunch @ KFC			
6	7	8	9	10	11	12
	Music & Movement		Kitchen Korner Spaghetti W meat sauce & mushrooms			
13	14	15	16	17	18	19
	CLOSED Thanksgiving Day		Games Day			
20	21	22	23	24	25	26
	Members Meeting & Calendar Planning		CLOSED IC Meeting			
27	28	29	30	31		
	Movie Day (Hunt for Red October -RM)		Tickle Trunk			

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