

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



**Canadian Mental Health Association**  
Muskoka - Parry Sound

**Addictions and Mental Health Services**



# October 2019

## Greenhouse Friendship Centre

	SUN	MON	TUE	WED	THU	FRI	SAT
<p><i>Tuesdays</i> 1:00–3:30 pm @ Summit Centre Al Thorpe Room Near pool entrance</p> <p><i>Community Thursdays</i> 1:00 –3:00 pm @ Huntsville Place Mall</p> <p><i>Greenhouse is a Self-Help, Peer-run Initiative for consumers/survivors for people who live with mental health issues. We provide Peer Support, Skills Teaching and Recovery Education.</i></p> <p>Contact: Linda Watt Initiative Coordinator</p> <p>Phone: (705)-645-2262 #1603 Mobile: (705) 205-5601</p> <p>Community Thursday Contacts Alan 705-783-0083 via text Todd 705-380-1088</p> <p><b>We are a Scent Free Zone, please do not use perfume, cologne, after shave or any scented products when attending Greenhouse .</b></p>			1 Swimming or member's choice	2	3 Community Thursday	4	5
	6	7	8 Shop, Cook and Eat	9	10 Community Thursdays	11	12
	13	14	15 Skip Bo	16	17 Community Thursdays	18	19
	20	21	22 Members Meeting/Calendar	23	24 Community Thursdays	25	26
	27	28	29 Bowling	30	31 Community Thursdays		



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