

** 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



October 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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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 <i>Members choice</i>	4	5
6	7	8	9	10 <i>Bingo</i>	11	12
13	14	15	16	17 <i>Movie Day</i>	18	19
20	21	22	23	24 <i>Yahtzee</i>	25	26
27	28	29	30	31 <i>Education/ Halloween Party</i>		

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