

** 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



November 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
(mobile) 705-205-5601
(office) 705-645-2262, ext 1603

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

Supported by / Avec le soutien de



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7 <i>Yahtzee</i>	8	9
10	11	12	13	14 <i>Movie Day</i>	15	16
17	18	19	20	21 <i>Members Meeting & Calendar</i>	22	23
24	25	26	27	28 <i>NO MEETING Staff GEO Meeting</i>	29	30

As part of our Accessibility policy and commitment, if you are wishing to have this information in a different format, please contact the Manager of Human Resources and Administration feedback@cmhamps.ca or call 705-645-2262.