

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

Gravenhurst Group

South Muskoka COI Drop-in December 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
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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 Christmas Music & Movement with Val	3	4 Games Day / Plan January Calendar	5	6	7
8	9 Christmas Luncheon 12 to 3	10	11 Kitchen Korners Chicken Casserole	12	13	14
15	16 CHRISTMAS MOVIE DAY	17	18 Arts & Crafts	19	20	21
22	23 Socializing & Snacks	24	25 CLOSED Christmas Day	26	27	28
29	30 CLOSED Agency Closed	31	JAN. 1/ 20 CLOSED New Year's Day			

Walks are always on
the calendar ...
weather permitting!

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

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