

Dreamcatchers August 2019

**We are
A Scent Free
Zone
~no perfume
Or after shave**



Council of Consumer/Survivor
and Family Initiatives

Thursday's at
11:00 a.m. to 3:00
p.m. 162 Huston St,
Burk's Falls (Main
Street entrance
back door of IDA)

Dreamcatchers is a
self-help, peer run
Initiative for consum-
er/survivor who live
with mental
health issues.
We provide peer
support, recovery
education and skills
development.

Good Mental
Health for All
For All

THURSDAY

Thursday August 1, 2019

Lesson and check garden

Thursday August 8, 2019

Games day with Valerie

Thursday August 15, 2019

Movie day with Valerie

Thursday August 22, 2019

Cooking

Thursday August 29 , 2019

Monthly Meeting

As part of our
Accessibility policy
and commitment, if
you are wishing to
have this infor-
mation in a different
format, please
contact the Manager
of Human Resources
and Administration
[feed-
back@cmhamps.ca](mailto:feed-back@cmhamps.ca) or
call 705-645-2262

**Kathy Stevenson
Initiative Coordi-
nator**

**705 384 5392
extension 4280**

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North Simcoe Muskoka Local
Health Integration Network
Réseau local d'intégration
des services de santé de
Simcoe Nord Muskoka