

Located 60 James Street
Parry Sound

Mondays & Wednesdays
1~4p.m.

Lighthouse is a self help,
Peer run Initiative for
Consumers/survivors
And family members who live
with mental health
Issues.

We provide peer support,
Recovery education and
Skills development

Susan Adams,
Initiative Coordinator
705-746-4264 ext.2239

Calendar subject to change
No scent policy in effect.

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.

Lighthouse August 2019

	1	2	3	4	5	6	7	8	9	10
					Civic Holiday Office Closed		Games & Social			
	11	12 Games & Social	13	14 Henry's	15	16	17			
	18	19 Bowling	20	21 Self-run	22	23	24			
	25	26 Miniputt	27	28 Monthly Members Meeting	29	30	31			



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services

Supported by / Avec le soutien de

