

Located 26 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 February 2019

					1		2
3	4	5	6	7	8		9
	Self - run		Self - run				
10	11	12	13	14	15		16
	Self - run		Self - run				
17	18	19	20	21	22		23
	Family Day Office Closed		Monthly Meeting				
24	25	26	27	28			
	Bowling		Self - run				



Canadian Mental  
Health Association  
Muskoka - Parry Sound

Addictions and  
Mental Health Services

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