

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

Trish Harris,  
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 2020

	M O N D A Y 1 - 4	t u e 4	W e d n e s d a y 1 - 4	t h 4	F r i 7	s a t 8
	3 S o c i a l C a r d s C r a f t s	4	5 G a m e s & S o c i a l X - b o x	6	7	8
9	10 B o w l i n g	11	12 M e a l p l a n - n i n g t i p s	13	14	15
16	17 F a m i l y D a y C l o s e d	18	19 M e m b e r ' s c h o i c e	20	21	22
23	24 M o n t h l y M e e t i n g	25	26 M o v i e D a y	27		



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