

Council of Consumer/Survivor
and Family Initiatives

Dreamcatchers January 2019

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



Thursday's at the bottom the the IDA Main Street entrance

162 Huston St, Burk's
Falls, ON P0A 1C0

Dreamcatchers is a
self

help, peer run Initia-
tive for

consumer/survivor
who live with men-
tal

health issues.

We provide peer
support, recovery
education and skills
development.

*Good Mental
Health for All*

THURSDAY

Thursday January 3, 2018

Pathways to Recovery/ Lesson

Thursday January 10, 2019

Meditation/ Exercise/ games

Thursday January 17, 2019

Games and Social

Thursday January 24, 2019

CLOSED ---> January 25, 2019 Bowling in Burksfalls

Thursday January 31, 2019

COI 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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Ontario

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