

Lighthouse January 2020

Located at CMHA, Muskoka
Parry Sound
60 James Street
Parry Sound

Mondays & Wednesdays
1~4p.m.

Lighthouse is a self help,
peer run Initiative for
consumers/survivors who live with
mental health
issues.

We provide peer support,
Recovery education and
Skills development

Trish Harris
COI Initiative Coordinator
705-746-4262 ex. 12282

Valerie Kitchen
COI Program Coordinator
705-384 5392 ex. 4228

As part of our Accessibility policy and commit-
ment, if you are wishing to have this information
in a different format, please contact the Manag-
er of Human Resources and Administration
feedback@cmhamps.ca or call 705-645-2262.



Canadian Mental
Health Association
Muskoka - Parry Sound

Addictions and
Mental Health Services

	MON	TUE	WED	THU	FRI	SAT
	Calendar is subject to change		No scent policy in effect		3	4
	6 Social	7	8 Members choice	9	10	11
	13 Bowling 1 to 3pm	14	15 Movie Day	16	17	18
	20 Members Choice	21	21 Self run in the community with petty cash for snacks	22	23	24
	27 Gentle stretching/ monthly meeting with COI PAC updates/ Feb.calendar planning	28	29 Craft day	30	31	

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