

Dreamcatchers January 2020

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



Council of Consumer/Survivor
and Family Initiatives

**Thursday's at
11:00 a.m. to 3:00
p.m. 162 Huston St,
Burk's Falls (Main
Street entrance
back door of IDA)**

Dreamcatchers is a
self-help, peer run
Initiative for consum-
er/survivor who live
with mental
health issues.
We provide peer
support, recovery
education and skills
development.

**Good Mental
Health for All
For All**

THURSDAY

Thursday January 2, 2020

Social day with Patty (Patty will be arriving late)

Thursday January 9, 2020

Pathways to recovery

Thursday January 16, 2020

Games and social

Thursday January 23, 2020

Craft

Thursday January 30, 2020

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**

Supported by / Avec le soutien de