



Addictions and
Mental Health Services

Council of Consumer/Survivor
and Family Initiatives

Powassan Drop in January 2020

SATURDAY

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



Saturday January 4, 2020

8:30 a.m. to 11:30 a.m.: Name that tune
11:30 a.m. to 1:00 p.m. : Lunch for staff and paper work
1:00 p.m. to 3:00 p.m.: Cooking day

Friday January 11, 2020

8:30 a.m. to 11:30 a.m.: Bowling
11:30 a.m. to 1:00 p.m. : Lunch for staff and paper work
1:00 p.m. to 3:00 p.m.: Journaling

Saturday January 18, 2020

8:30 a.m. to 11:30 a.m.: Social
11:30 a.m. to 1:00 p.m. : Lunch for staff and paper work
1:00 p.m. to 3:00 p.m.: Journaling

Saturday January 25, 2020

8:30 a.m. to 11:30 a.m.: Personal Hygiene
11:30 a.m. to 1:00 p.m. : Lunch for staff and paper work
1:00 p.m. to 3:00 p.m.: Craft

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**

Saturday's Powassan Drop In Center 466 Main Street Powassan ON

Powassan drop in 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**

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

