

October 2019

High School Peer Calendar



Addictions and
Mental Health Services



Council of Consumer/ Survivor and Family Initiatives

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 COI BOARD VALERIE	4	5
6	7	8	9	10 One on One- Lunch Display	11	12
13	14	15	16 One on One (morning 9-11 a.m.)	17	18	19
20	21	22	23 CLOSED	24	25	26
27	28	29	30 Open door for group- Let's talk about SELF CARE	31		

The Council of Consumer/Survivor and Family Initiatives (C.O.I.) provides peer knowledge and support for individuals living with mental health issues as consumers/survivors and/or as family members. We provide peer support, skills development and recovery education.

For more information please contact:

Kathy Stevenson
Assistant Program Coordinator
(705)- 384- 5392 extension 4280

Valerie Kitchen
Program Coordinator
(705) - 384- 5392 extension 4228

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

Supported by / Avec le soutien de



