

Hours of operation

Mondays to Fridays

8:30 a.m. to 4:30 p.m.

Saturdays

12:30 p.m. to 4:00 p.m.

**150 Water Street
Mattawa Medical Building
Mattawa, ON. P0H 1V0**

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A program of:



PEP

People for Equal
Partnership In
Mental Health | Pour l'égalité
des partenariats
en santé mentale

Charitable Registration Number:
13782-4348-RR0001

351 Ferguson Street, 3rd Floor,
North Bay, ON P1B 1X1
Tel: 705-494-4774

Supported by: / Financé par :



Ontario

North East Local Health
Integration Network
Réseau local d'intégration
des services de santé
du Nord-Est



Mattawa Mental Health Support Centre



CALENDAR OF EVENTS

JANUARY 2018



January 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Centre CLOSED	1 <i>Happy New Year</i> CLOSED	2 10am—12pm <i>Current Events</i> 1pm—3pm <i>Members Research</i> All Day Drop-In	3 10am—12pm <i>Socializing</i> 1pm—3pm <i>Cardo</i> 6pm—8pm MMHSG	4 10pm—12pm <i>Movies</i> 1pm—3pm <i>Depression</i> All Day Drop-In	5 10pm—12pm <i>Games</i> 1pm—3pm <i>Members Research</i> All Day Drop-In	6 12:30 pm To 4:00 pm
7 Centre CLOSED	8 10am—12pm <i>Pep Employment</i> 1pm—3pm <i>Socializing</i> All Day Drop-In	9 10am—12pm <i>Arts & Crafts</i> 1pm—3pm <i>Anxieties</i> All Day Drop-In	10 <i>Last day to order and pay for the G.F.B</i> 6pm—8pm MMHSG All Day Drop-In	11 10am—12pm <i>Cards/Games</i> 1pm—2pm <i>Anxiety</i> All Day Drop-In	12 10am—12pm <i>Movies</i> 1pm—3pm <i>Budgeting</i> All Day Drop-In	13 12:30 pm To 4:00 pm
14 Centre CLOSED	15 10am—12pm <i>Board Games</i> 1pm—3pm <i>Depression</i> All Day Drop-In	16 10am—12pm <i>Movies</i> 1pm—3pm <i>Budgeting</i> All Day Drop-In	17 10—12 <i>G.F.Box comes in</i> 2pm—3pm <i>Cardo</i> 6pm—8pm MMHSG	18 10am—12pm <i>Music</i> 1pm—3pm <i>Self Care</i> All Day Drop-In	19 11am—12pm <i>Members Meeting</i> 12pm—1pm <i>Members Brunch</i> All Day Drop-In	20 12:30 pm To 4:00 pm
21 Centre CLOSED	22 10am—12pm <i>Socializing</i> 1pm—3pm <i>Movies</i> All Day Drop-In	23 10am—12pm <i>Music</i> 1pm—3pm <i>Socializing</i> All Day Drop-In	24 10—12 <i>Suicide</i> 6pm—8pm MMHSG All Day Drop-In	25 10am—12pm <i>Movies</i> 1pm—2pm <i>Depression</i> All Day Drop-In	26 10am—12pm <i>Socializing</i> 1pm—3pm <i>Arts & Crafts</i> All Day Drop-In	27 12:30 pm To 4:00 pm
28 Centre CLOSED	29 10am—12pm <i>Current Events</i> 1pm—3pm <i>No means No</i> All Day Drop-In	30 10am—12pm <i>Cards/Board Games</i> 1pm—3pm <i>Anxiety</i> All Day Drop-In	31 2pm—3pm <i>Members Choice</i> 6pm—8pm MMHSG All Day Drop-In	Please feel free to drop by our centre and talk to our friendly and supportive staff members.		