

Hours of operation

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

Saturdays
12:30 a.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 :

Suicide
Awareness
Month



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
FEBRUARY 2018**



February 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Please feel free to drop by our centre and talk to our friendly and supportive staff members.				1 Members research for presentation All day drop-in	2 10am—12pm Arts & Crafts 2pm—3pm Laughing Yoga All day drop-in	3 12:30 To 4:00 pm
4 Centre CLOSED	5 Members research for presentation All day drop-in	6 10am—12pm Games 1pm—3pm Movie All day drop-in	7 10am—12pm Bullying 1pm—3pm Cards 6pm—8pm MMHSC	8 10am—12pm Movie 2pm—4pm Intimidation All day drop-in	9 10am—12pm Reading 2pm—3pm Computers All day drop-in	10 12:30 To 4:00 pm
11 Centre CLOSED	12 10am—12pm Current Events 1pm—3pm Arts & Crafts All day drop -in	13 10am—12pm Socializing 1pm—3pm Anxiety All day drop-in	14 Last day to Order the G.F.B 1pm—3pm Cardo 6pm—8pm MMHSC	15 Members research for presentation All day drop-in	16 11am—12pm Members Meeting 12pm—1pm Brunch All day drop-in	17 12:30 To 4:00 pm
18 Centre CLOSED	19 Centre CLOSED Family Day	20 Members research for presentation All day drop-in	21 G.F.B Comes in 10pm—3pm Members Choice 6pm—8pm MMHSC	22 10am—12pm Computers 2pm—3pm Socializing All day drop-in	23 10am—12pm Puzzles 2pm—3pm Saying No All day drop-in	24 12:30 To 4:00 pm
25 Centre CLOSED	26 10am—12pm Socializing 1pm—3pm Cards / board games All day drop-in	27 10am—12pm Dealing with loss 1pm—3pm Movies All day drop-in	28 10am—12pm Socializing 2pm—3pm Cardo 6pm—8pm MMHSC	<p>“The great thing in this world is not so much where you stand, as in what direction you are moving.”</p>		