

Hours of operation

Mondays to Fridays

9:00 a.m. to 4:00 p.m.

Mondays

7 p.m. to 9 p.m.

Wednesdays

6 p.m. to 8 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

MARCH 2018



March 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.	“The great thing in this world is not so much where you stand, as in what direction you are moving.”		1 10am—12pm Life Skills 1pm—3pm Members Choice All day drop-in	2 10am—12pm Anxiety 1pm—3pm Laughing Yoga All day drop-in	3 12:30—4 pm Members Choice
4 Centre CLOSED	5 10am—12pm Current Events 1pm—3pm Show and Tell 7pm—9pm Young Adult Group	6 10am—4pm Members Research All day drop-in	7 10am—12pm Depression 1pm—3pm Movie MMHSG 6pm—8pm	8 10am—12pm Show and Tell 1pm—3pm CBT All day drop-in	9 10am—12pm Members Research 1pm—3pm Cards All day drop-in	10 12:30—4 Pm Members Choice
11 Centre CLOSED	12 10am—12pm Arts & Crafts 1pm—3pm Movie 7pm—9pm Young Adult Group	13 10am—4pm Members Research All day drop-in	14 G.F.B. order day 10am—12pm Arts & Crafts 1pm—3pm Cardo MMHSG 6pm—8pm	15 10am—12pm PJ Day 1pm—3pm Movie All day drop-in	16 10am—12pm Members Research ends 1pm—3pm Members Presentation All day drop-in	17 12:30—4 Pm Members Choice
18 Centre CLOSED	19 10am—12pm Socializing 1pm—3pm Games 7pm—9pm Young Adult Group	20 10am—4pm Members Choice All day drop-in	21 G.F.B Comes in 10pm—3pm Members Choice MMHSG 6pm—8pm	22 10am—12pm Relationships 1pm—3pm Staying Positive All day drop-in	23 11am—12pm Members Meeting 12pm—1pm Members Brunch All day drop-in	24 12:30—4 Pm Members Choice
25 Centre CLOSED	26 10am—12pm The book Club 1pm—3pm Friendships 7pm—9pm Young Adult Group	27 10am—4pm Computers All day drop-in	28 10am—12pm No means NO 1pm—3pm Cardo MMHSG 6pm—8pm	29 10am—12pm CBT 1pm—3pm The Gift of Giving All day drop-in	30 CLOSED GOOD FRIDAY	31 12:30—4 Pm Members Choice