

Hours of operation

Monday to Friday
9:00 a.m. to 4:00 p.m.
Saturdays
12:30 p.m. to 4:00 p.m.

Monday & Wednesday
7:00 p.m. to 9:00 pm

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

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PEP

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

A program of:



Ontario

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

Charitable Registration Number:
13782-4348-RR0001
351 Ferguson Street, 3rd Floor,
North Bay, ON P1B 1X1
Tel: 705-494-4774

Supported by: / Financé par :





CALENDAR OF EVENTS

MAY 2018



May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10am—12pm Meditation 1pm—3pm Nature Walk	2 9am—12pm Movie 1pm—3pm Cardo 6pm—8pm MMHSG with Pierre	3 10am—12pm Board Games 1pm—3pm Depression All day drop -in	4 10am—12pm Affirmations 1pm—3pm Computers All day drop -in	5 12:30 to 4pm Members Choice
6 Centre CLOSED	7 10am—12pm Stigma 1pm—3pm Nature Walk 7pm—9pm Young adults	8 10am—12pm Cards 1pm—3pm Anxiety All day drop-in	9 9am—12pm Last day to order GFB 1pm—3pm Fear in a hat 6pm—8pm MMHSG with Pierre	10 10am—12pm Self Esteem 1pm—3pm Respect All day drop -in	11 10am—12pm Party Prep 1pm—3pm Laughing Yoga All day drop -in	12 12:30 to 4pm MMHSC 3rd Anni- versary
13 Centre CLOSED Mother's Day	14 10am—12pm Inspirations 1pm—3pm Movie 7pm—9pm Young adults	15 10am—12pm Book Club 1pm—3pm Goals All day drop-in	16 10am—12pm GFB comes in 1pm—3pm Nature Walk 6pm—8pm MMHSG with Pierre	17 10am—12pm S.M.I. 1pm—3pm Charades All day drop -in	18 11am—12pm Members Meeting 12pm—1pm Brunch All day drop -in	19 12:30 to 4pm Members Choice
20 Centre CLOSED	21 Centre CLOSED Victoria Day	22 10am—12pm Meditation 1pm—3pm Funny Videos All day drop-in	23 10am—12pm Movie 1pm—3pm Cardo 6pm—8pm MMHSG with Pierre	24 10am—12pm 60's 70's & 80's 1pm—3pm Nature Walk All day drop -in	25 10am—12pm CBT 1pm—3pm Relationships All day drop-in	26 12:30 to 4pm Members Choice
27 Centre CLOSED	28 10am—12pm Emotions 1pm—3pm Nature Walk 7pm—9pm Young adults	29 9am—12pm Mindfulness 1pm—3pm Healthy eating All day drop-in	30 10am—12pm Arts & Crafts 1pm—3pm Mindfulness 6pm—8pm MMHSC with Pierre	31 10am—12pm Computers 1pm—3pm Board Games All day drop -in	 <p>Please feel free to drop by our centre and talk to our friendly and supportive staff .</p>	