

Hours of operation

Monday to Friday

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

Saturdays: 12:30pm to 4:00pm

Monday: 6:30pm to 9:00pm

Wednesday: MMHSC with Pierre
From 6pm—8pm

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

Office Tel: **705-744-4567**

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Website: **www.pepplace.org**

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 SEPTEMBER 2018



Mattawa Mental Health Support Centre -150 Water Street, Mattawa Medical Building, Mattawa, ON, P0H 1V0

Tel.: 705.744-4567 e-mail: 705-494-4775 email: mmhsc@pepplace.org website: www.pepplace.org

September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2 Centre CLOSED	3 CLOSED	4 10am—12pm Arts & Crafts 1pm—3pm Healthy Eating All day drop-in	5 10am—3pm Members Choice 6pm—8pm MMHSG	6 10am—12pm Kindness 1pm—3pm Movie All day drop-in	7 10am—12pm Arts and Crafts 1pm—3pm Laughter as Medicine All day drop-in	8 12:30—4 Members Choice
9 Centre CLOSED	10 10am—12pm Current Events 1pm—3pm Fear in a Hat All day drop-in	11 10am—12pm BPD 1pm—3pm Movies All day drop-in	12 Last day to order the G.F.B 1pm—4pm Cardo 6pm—8pm MMHSG	13 10am—12pm Positive Affirmations 1pm—3pm CBT All day drop-in	14 10am—12pm Trust 1pm—3pm Movie All day drop-in	15 12:30—4 Members Choice
16 Centre CLOSED	17 10am—12pm Cards/Games 1pm—3pm Socializing All day drop-in	18 10am—12pm Jokes 1pm—3pm Dealing with Grief All day drop-in	19 Good Food Box Pick up 1pm—3pm Socializing 6pm—8pm MMHSG	20 10am—12pm Anxiety 1pm—3pm Self Esteem All day drop-in	21 11am—12pm Members Meeting 12pm—1pm Brunch All day drop-in	22 12:30—4 Members Choice
23 Centre CLOSED First Day of Autumn	24 10am—12pm The Cook Book 1pm—3pm Friendships All day drop-in	25 10am—12pm The Book Club 1pm—3pm Socializing All day drop-in	26 10am—12pm Friendship 1pm—3pm Arts & Crafts 6pm—8pm MMHSG	27 10am—12pm Healthy Living 1pm—3pm Anger All day drop-in	28 10am—12pm Memory Games 1pm—3pm Simple Breathing All day drop-in	29 12:30—4 Members Choice
30 Centre CLOSED	<p>Louise Hay Affirmations I forgive myself and set myself free. I am very thankful for all the love in my life. I find it everywhere. I always work with and for wonderful people. I love my job.</p>					<p>I am in harmony with nature. I do not have to prove myself to anyone. Loving others is easy when I love and accept myself. There is plenty for everyone, and we bless and prosper each other.</p>

