

Hours of operation

Monday & Friday
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**

Office Tel: **705-744-4567**
Fax: **705-494-4775**
E-mail:
mattawamentalhealth@outlook.com
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 2017**



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: mattawamentalhealth@outlook.com website: www.pepplace.org

September 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Please feel free to drop by our centre and talk to our friendly and supportive staff mem-				1 10am-12pm CBT 1pm-3pm Socializing All Day Drop-In	2 12:30—4 Arts & Crafts
3 Centre CLOSED	4 Closed For Labour Day	5 10am—12pm The cook book 1pm—3pm True Self All day drop-in	6 10am—12pm Depression 1pm—3pm Movie All day drop-in	7 10am—12pm Manners 1pm—3pm Yoga All Day Drop-In	8 10am—12pm Spa 1pm—3pm Mimi Nails All Day Drop-In	9 12:30—4 Karaoke
10 Centre CLOSED	11 10:30—2:30 Day Trip Chief Commanda With PEP	12 10am—12pm Socializing 1pm—3pm Movies All day drop-in	13 10am-12pm Socializing 2pm—3pm Pep Employment Presentation	14 10am—12pm Respect 1pm—3pm Boundaries All Day Drop-In	15 10am—12pm Movie 1pm—3pm Laughing Yoga All Day Drop-In	16 12:30—4 Arts & Crafts
17 Centre CLOSED	18 10am—12pm Arts & Crafts 1pm—3pm Friendship All day drop-in	19 10am—12pm Halloween Crafts 1pm—3pm Dealing with Anger All day drop-in	20 10am—12pm Healthy Living 1pm—3pm Movie All day drop-in	21 10am—12pm Empathy 1pm—3pm Yoga All Day Drop-In	22 11am—12pm Members Meeting 12pm—1pm Brunch All Day Drop-In	23 12:30—4 Karaoke
24 Centre CLOSED	25 10am—12pm Puzzles & games 1pm—3pm The cook book All day drop-in	26 10am—12pm Cards 1pm—3pm Current Events All day drop-in	27 10am—12pm Dementia 1pm—3pm Arts & Crafts All day drop-in	28 10am—12pm Bullying 1pm—3pm Yoga All Day Drop-In	29 10am—12pm Spa 1pm—3pm Mimi Nails All Day Drop-In	30 12:30—4 Arts & Crafts