

Hours of operation

Monday to Friday
8:30 a.m. to 4:30 p.m.

Saturdays
12:30 p.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 :



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
OCTOBER 2017**



October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Centre CLOSED	2 10am—12pm <i>Socializing</i> 1pm—3pm <i>Members Research</i> All day drop-in	3 10am—12pm <i>Movie</i> 1pm—3pm <i>Current Events</i> All day drop-in	4 10am—12pm <i>Socializing</i> 1pm—3pm <i>Friendship</i> All day drop-in	5 10am—12pm <i>Boundaries</i> 1pm-3pm <i>Yoga</i> All day drop-in	6 10am—12pm <i>Show and Tell</i> 1pm—3pm <i>Movie</i> All day drop-in	7 12:30—4 <i>Dance</i>
8 Centre CLOSED	CLOSED THANKSGIVING 	10 10am—12pm <i>Halloween Arts/Craft</i> 1pm—3pm <i>Friendships</i> All day drop-in	11 10am—12am <i>Members work on presentation</i> 2pm—3pm <i>Cardo</i>	12 10am—12pm <i>PTSD (1)</i> 1pm-3pm <i>Yoga</i> All day drop-in	13 10pm—12pm <i>Socializing</i> 1pm—3pm <i>Halloween Arts/Crafts</i> All day drop-in	14 12:30—4 <i>Karaoke</i>
15 Centre CLOSED	16 10am—12pm <i>The cookbook</i> 1pm—3pm <i>Current Events</i> All day drop-in	17 10am—12pm <i>Cards/Games</i> 1pm—3pm <i>Conflict resolution</i> All day drop-in	18 10am—12pm <i>Depression</i> 1pm—3pm <i>Pictures (collage)</i> All day drop-in	19 10am—12pm <i>Complex PTSD (2)</i> 1pm-3pm <i>Yoga</i> All day drop-in	20 10am-12pm <i>Socializing</i> 1pm-3pm <i>Movie</i> All day drop-in	21 12:30—4 <i>Arts/ Crafts</i>
22 Centre CLOSED	23 10am—12pm <i>PEP employment Centre</i> All day drop-in	24 10am—12pm <i>Socializing</i> 1pm—3pm <i>Members Research</i> All day drop-in	25 <i>The Pumpkin Patch</i> All day drop-in	26 10am—12pm <i>Games</i> 1pm—3pm <i>Yoga</i> All day drop-in	27 11am-12pm <i>Members meeting</i> 12pm-1pm <i>Brunch</i> All day drop-in	28 12:30—4 <i>Karaoke</i>
29 Centre CLOSED	30 10am—12pm <i>Socializing</i> 1pm—4pm <i>Movie</i> All day drop-in	31 1pm—3pm <i>Twiggs and Berries</i> <i>Halloween</i> All day drop-in	Please feel free to drop by our centre and talk to our friendly and supportive staff members.		People for Equal Partnership in Mental Health (PEP) is celebrating its annual Peer Support Week 2017 from October 16th -20th, 2017.	