

# Hours of operation

## Monday to Friday

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

**Saturdays:** 12:30p.m. to 4:00p.m.

**Mondays:** 6:30p.m. to 9:00p.m.

**Wednesdays:** MMHSG

6:00 p.m. to 8:00 p.m.

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

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

Fax: **705-494-4775**

E-mail:

**mmhsc@pepplace.org**

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 :

**Diabetes  
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  
NOVEMBER  
2018**



# November 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 Socializing 1pm—3pm Dance All day drop-in	2 10am—12pm Anger management 1pm—3pm Movie All day drop-in	3 12:30—4pm Members Choice
4 Centre CLOSED  Clocks Fall back 1 hr.	5 10am—12pm Arts & Crafts 1pm—3pm Friendships 6:30pm—9pm Young Adult Group	6 10am—12pm Movies 1pm—3pm The cook book All day drop-in	7 10am—12pm Suicide Prevention 1pm—3pm Cardo MMHSG 6pm—8pm	8 10am—12pm Healthy living 1pm—3pm Dance All day drop-in	9 10am—2pm Remembering our fallen Heroes  All day drop-in	10 12:30—4pm Members Choice
11 Centre CLOSED  Remembrance Day	12 10am—2pm  PEP Employment  6:30pm—9pm Young Adult Group	13 10am—12pm Jokes 1pm—3pm Socializing All day drop-in	14 G.F.B. order day 10am—12pm Grief 1pm—3pm Arts and Crafts MMHSG 6pm—8pm	15 10am—12pm Walk 1pm—3pm Dance All day drop-in	16 10am—12pm Manners 1pm—3pm Laughter All day drop-in	17 12:30—4pm Members Choice
18 Centre CLOSED	19 10am—12pm Games/Cards 1pm—3pm The book club 6:30pm—9pm Young Adult Group	20 10am—12pm Arts & Crafts 1pm—3pm Cyber Bullying All day drop-in	21 G.F.B Comes in 10pm—3pm Members Choice  MMHSG 6pm—8pm	22 10am—12pm Depression 1pm—3pm Dance All day drop-in	23 11am—12pm Members Meeting 12pm—1pm Members Brunch All day drop-in	24 12:30—4pm Members Choice
25 Centre CLOSED	26 10am—12pm Movies 1pm—3pm Healthy Eating 6:30pm—9pm Young Adult Group	27 10am—12pm Meditation 1pm—3pm Don't take it personal All day drop-in	28 10am—12pm Movie 1pm—3pm Cardo MMHSG 6pm—8pm	29 10am—12pm Anxiety 1pm—3pm Dance All day drop-in	30 10am—12pm Walk 1pm—3pm Jokes All day drop-in	