

Hours of operation

Monday to Friday

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

Saturdays: 12:30pm to 4:00pm

Mondays: 6:30pm to 9:00pm

Wednesdays: MMHSC 6:00pm to 8:00pm

**150 Water Street
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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

A program of:

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



HAPPY
New Year

CALENDAR OF EVENTS

JANUARY 2019



January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Happy New Year From The Management and staff Centre is closed</i>	2 10-12 <i>Arts & Crafts 2-3 Anxiety 6-8 MMHSG with Pierre</i>	3 10-12 <i>Games 2-3 Residential Schools All day drop -in</i>	4 10-12 <i>Movies 2-3 Spirituality All day drop -in</i>	5 <i>12:30—4 Members choice</i>
6 <i>Centre CLOSED</i>	7 10—12 <i>Games 2—3 Native Celebrations All day drop-in</i>	8 10—12 <i>Movies 2—3 Friendships All day drop-in</i>	9 10-12 <i>Arts & Crafts 2-3 Cardo 6-8 MMHSG with Pierre</i>	10 10-12 <i>Games 2-3 Aboriginal Arts All day drop -in</i>	11 10-12 <i>Movies 2-3 What are Chiefs? All day drop -in</i>	12 <i>12:30—4 Members choice</i>
13 <i>Centre CLOSED</i>	14 10—12 <i>Pep Employment 2—3 Aboriginal Foods All day drop -in</i>	15 10—12 <i>Socializing 2—3 Native clothing All day drop-in</i>	16 10-12 <i>Arts & Crafts 2-3 Depression 6-8 MMHSG with Pierre</i>	17 10-12 <i>Games 2-3 Metis All day drop -in</i>	18 10-12 <i>Movies 2-3 Elders All day drop -in</i>	19 <i>12:30—4 Members choice</i>
20 <i>Centre CLOSED</i>	21 10—12 <i>Movies 2—3 Current Events All day drop-in</i>	22 10—12 <i>Games 2—3 No means no All day drop-in</i>	23 10-12 <i>Arts & Crafts 2-3 Cardo 6-8 MMHSG with Pierre</i>	24 10-12 <i>Games 2-3 Aboriginal Languages All day drop -in</i>	25 11-12 <i>Members Meeting 12-1 Brunch All day drop-in</i>	26 <i>12:30—4 Members choice</i>
27 <i>Centre CLOSED</i>	28 10—12 <i>Socializing 2—3 Arts & crafts All day drop-in</i>	29 10—12 <i>Arts & Crafts 2—3 Grief All day drop-in</i>	30 10-12 <i>Movie 2-3 End of Life 6-8 MMHSC with Pierre</i>	31 10-12 <i>Games 2-3 Meditation All day drop -in</i>	<i>The taste of the world begins this month with our own beautiful country Canada</i>	