

Hours of operation

Mondays to Fridays
9:00 a.m. to 4:00 p.m.
Saturdays
12:30 a.m. to 4:00 p.m.
Mondays
6:30 pm to 9:00 pm

**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 FEBRUARY 2019



February 2019

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 country picked for this month's taste of the world is	Barbados 	1 10am—12pm Movies 2pm—3pm Spirituality All day drop-in	2 12:30 To 4:00 pm
3 Centre CLOSED	4 10am—12pm Pep Employment 1pm—3pm Barbadian Celebration All day drop-in	5 10am—12pm Movies 1pm—3pm Current events All day drop-in	6 10am—12pm Arts & Crafts 1pm—3pm Anxiety 6pm—8pm MMHSC	7 10am—12pm Games 2pm—4pm Barbadian Culture All day drop-in	8 10am—12pm Movies 2pm—3pm Barbadian Religion All day drop-in	9 12:30 To 4:00 pm
10 Centre CLOSED	11 10am—12pm Games 1pm—3pm Barbadian foods All day drop-in	12 10am—12pm Socializing 1pm—3pm Barbadian clothing All day drop-in	13 Last day to Order the G.F.B 1pm—3pm Cardo All day drop-in	14 10am—12pm Games 1pm—3pm Depression All day drop-in	15 10am—12pm Movies 2pm—3pm Meditation All day drop-in	16 12:30 To 4:00 pm
17 Centre CLOSED	18 Closed For Family Day	19 10am—12pm Arts & Crafts 1pm—3pm Grief All day drop-in	20 G.F.B Comes in 10pm—3pm Members Choice All day drop-in	21 10am—12pm Games 2pm—3pm Barbadian Language All day drop-in	22 11am—12pm Members Meeting 12pm—1pm Brunch All day drop-in	23 12:30 To 4:00 pm
24 Centre CLOSED	25 10am—12pm Socializing 1pm—3pm Barbadian Beliefs All day drop-in	26 10am—12pm Movies 1pm—3pm Arts & Crafts All day drop-in	27 10am—12pm Movies 2pm—3pm End of life All day drop-in	28 10am—12pm Games 1pm—3pm Arts & Crafts All day drop-in	“The great thing in this world is not so much where you stand, as in what direction you are moving.”	