

Hours of operation

Monday to Friday

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

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

Monday: 6:30 p.m. to 9:00 p.m.

Wednesdays: MMHSC with Pierre
6:00 a.m. to 8:00 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

MAY 2019





May 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. | |  | 1 10am—12pm Socializing 2pm—3pm Poetry 6pm—8pm MMHSG with Pierre | 2 10am—12pm Sleep Aids 1pm—2pm Depression All day drop-in | 3 10am—12pm Using change in a positive way 1pm—3pm Vietnam Custom | 4 12:30—4 Members Choice |
| 5 Centre CLOSED | 6 10am—12pm Socializing 1pm—3pm Friendships All day drop-in | 7 10am—12pm Cards/Games 1pm—3pm The book club All day drop-in | 8 <i>Last day to order</i> The good food box 1pm—3pm Cardo 6pm—8pm MMHSG with Pierre | 9 10am—12pm Members Choice 1pm—2pm Movie All day drop-in | 10  MMHSC 4th Anniversary Celebration BBQ/Cake Music 11 am-2 pm | 11 12:30—4 Members Choice |
| 12 Centre CLOSED | 13 10am—12pm Movies 1pm—3pm Positive affirmations All day drop -in | 14 10am—12pm Vietnam Foods 1pm—3pm Healthy eating All day drop-in | 15 <i>The GFB</i> Comes in 2pm—3pm Games 6pm—8pm MMHSG with Pierre | 16 10am—12pm Life Barriers 1pm—2pm Members Choice All day drop-in | 17 10am—12pm Socializing 1pm—3pm Comedy All day drop-in | 18 12:30—4 Members Choice |
| 19 Centre CLOSED | 20 Centre CLOSED Victoria Day | 21 10am—12pm Just for laughs 1pm—3pm Depression All day drop-in | 22 10am—12pm Vietnam Traditions 1pm—3pm Cardo 6pm—8pm MMHSG with Pierre | 23 10am—12pm Family Law 1pm—2pm Friendship All day drop-in | 24 11am—1pm Cards 12pm—1pm Movie All day drop-in | 25 12:30—4 Garbage pick up & BBQ |
| 26 Centre CLOSED | 27 10am—12pm Movies 1pm—3pm Cards/Games All day drop-in | 28 10am—12pm Current events 1pm—3pm Movies All day drop-in | 29 10am—12pm Positive quotes 2pm—3pm Greif 6pm—8pm MMHSG with Pierre | 30 10am—12pm Anxiety 1pm—2pm Movie All day drop-in | 31 11am—12pm Members Meeting 12pm—1pm Brunch All day drop-in | |