

Hours of operation

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

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

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



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

SEPTEMBER 2019





September 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Centre CLOSED	2 Closed For Labor Day	3 10am—12pm Movie 1pm—3pm Australian Culture All day drop-in	4 10am—12pm CBT 1pm—3pm Cardo All day drop -in	5 10am—12pm Socializing 1pm-3pm Life Skills All day drop-in	6 10am—12pm Hospital garden 1pm—3pm Board games All day drop -in	7 12:30—4 Members Choice
8 Centre CLOSED	9 10am—12pm Arts/Crafts 1pm—3pm Friendships All day drop -in	10 10am—12pm Current events 1pm—3pm Health concerns All day drop-in	11 10am—11am GFB order day 1pm—3pm Australian Religion All day drop -in	12 10am—12pm Anxiety 1pm-3pm Jeopardy All day drop-in	13 10pm—12pm Just for laughs 1pm—3pm Weekend plans All day drop-in	14 12:30—4 Members Choice
15 Centre CLOSED	16 10am—12pm Mis-understandings 1pm—3pm Movie All day drop -in	17 10am—12pm Members choice 1pm—3pm Australian foods All day drop-in	18 10am—12pm GFB comes in 1pm—3pm Cardo All day drop -in	19 10am—12pm Self Esteem 1pm-3pm Arts and crafts All day drop -in	20 10am-12pm Positive affirmation 1pm-3pm Laughing Yoga All day drop-in	21 12:30—4 Members Choice
22 Centre CLOSED	23 10am—12pm Australian Festivals 1pm—3pm Games All day drop-in	24 10am—12pm Socializing 1pm—3pm Addictions All day drop-in	25 10am—12 pm No means no 1pm—3pm Movie All day drop -in	26 10am—12pm Fall crafts 1pm—3pm Depression All day drop -in	27 11am-12pm Members meeting 12pm-1pm Brunch All day drop-in	28 12:30—4 Members Choice
29 Centre CLOSED	30 10am—12pm Spirituality 1pm—4pm Fall Crafts All day drop-in	<p>Please feel free to drop by our centre and talk to our friendly and supportive staff members.</p>  <p><i>This month's taste of the world is Australia</i></p>				