

# 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 4-6

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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  
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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




## CALENDAR OF EVENTS OCTOBER 2019





# 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<i>1</i> 10am—12pm <i>Poland Culture</i> 1pm—3pm <i>Current Events</i> All day drop-in	<i>2</i> 10am—12pm <i>Socializing</i> 2pm—3pm <i>Cardo</i> 4pm—6pm <i>MMHSG</i>	<i>3</i> 10am—12pm <i>Life Skills</i> 1pm—3pm <i>Fibromyalgia</i> All day drop -in	<i>4</i> 10am—12pm <i>Just for Laughs</i> 1pm—3pm <i>Self-Esteem</i> All day drop -in	<i>5</i> 12:30—4 <i>Members choice</i>
<i>6</i> Centre CLOSED	<i>7</i> 10am—12pm <i>Poland Religion</i> 1pm—3pm <i>Games</i> All day drop-in	<i>8</i> 10am—12pm <i>Addictions</i> 1pm—3pm <i>3000 Questions</i> All day drop-in	<i>9</i> 10am—12pm <i>GFB order day</i> 1pm—3pm <i>Arts &amp; Crafts</i> 4pm—6pm <i>MMHSG</i>	<i>10</i> 10am—12pm <i>Panic Attacks</i> 1pm—3pm <i>Anxiety</i> All day drop -in	<i>11</i> 11am-2pm  <i>Thanksgiving Dinner</i> All day drop -in	<i>12</i> 12:30—4 <i>Members choice</i>
<i>13</i> Centre CLOSED	<i>14</i> Closed for Thanks- giving	<i>15</i> 10am—12pm <i>Spirituality</i> 1pm—3pm <i>Current Events</i> All day drop-in	<i>16</i> 10am—12pm <i>GFB comes in</i> 1pm—3pm <i>Cardo</i> 4pm—6pm <i>MMHSG</i>	<i>17</i> 10am—12pm <i>PJ Day</i> 1pm—3pm <i>Movie</i> All day drop -in	<i>18</i> 10am—12pm <i>Positive Affirmations</i> 1pm—3pm <i>Laughing Yoga</i> All day drop -in	<i>19</i> 12:30—4 <i>Members choice</i>
<i>20</i> Centre CLOSED	<i>21</i> 10am—12pm <i>Poland Festivals</i> 1pm—3pm <i>Pumpkin Art</i> All day drop-in	<i>22</i> 10am—12pm <i>Socializing</i> 1pm—3pm <i>3000 Questions</i> All day drop-in	<i>23</i> 10am—12pm <i>New Beginnings</i> 1pm—3pm <i>Socializing</i> 4pm—6pm <i>MMHSG</i>	<i>24</i> 10am—12pm <i>Jealousy</i> 1pm—3pm <i>Grief</i> All day drop -in	<i>25</i> 11am—12pm <i>Members Meeting</i> 12pm—2pm <i>Brunch</i> All day drop-in	<i>26</i> 12:30—4 <i>Members choice</i>
<i>27</i> Centre CLOSED	<i>28</i> 10am—12pm <i>Life Skills</i> 1pm—3pm <i>Friendships</i> All day drop-in	<i>29</i> 10am—12pm <i>Computers</i> 1pm—3pm <i>Current Events</i> All day drop-in	<i>30</i> 10am—12pm <i>Pumpkin Art</i> 1pm—3pm <i>Cardo</i> 4pm—6pm <i>MMHSC</i>	<i>31</i> 10am—12pm <i>Members choice</i> 1pm—3pm <i>Halloween Party</i> All day drop -in	<i>The taste of the world this month</i>  <b>POLAND</b>	