

# August 2023



CHH

July '23							September '23							
S	M	T	W	T	F	S	S	M	T	W	T	F	S	
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2	3	4	5	6	7	8	3	4	5	6	7	8	9	
9	10	11	12	13	14	15	10	11	12	13	14	15	16	
16	17	18	19	20	21	22	17	18	19	20	21	22	23	
23	24	25	26	27	28	29	24	25	26	27	28	29	30	
30	31													

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> Watercolour Collages Part 1 12:30 - 1:30 pm	<b>2</b> Come Journal With Me Gratitude Edition 12:30 - 1:30 pm	<b>3</b> Computer Lab Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	<b>4</b> Depression & Anxiety Support Group 12:30 - 1:30 pm	<b>5</b>
<b>6</b>	<b>7</b> Closed for the Civic Holiday	<b>8</b> Watercolour Collages Part 2 12:30 - 1:30 pm	<b>9</b> Come Journal With Me Mood Edition 12:30 - 1:30 pm	<b>10</b> Computer Lab Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	<b>11</b> Depression & Anxiety Support Group 12:30 - 1:30 pm	<b>12</b>
<b>13</b>	<b>14</b> Walk & Talk 3 - 4 pm	<b>15</b> Bowling 12:30 - 1:30 pm	<b>16</b> Come Journal With Me Unsent Letter Edition 12:30 - 1:30 pm	<b>17</b> Computer Lab Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	<b>18</b> Depression & Anxiety Support Group 12:30 - 1:30 pm	<b>19</b>
<b>20</b>	<b>21</b> Walk & Talk 3 - 4 pm	<b>22</b> Fantastic Flower Painting 12:30 - 1:30 pm	<b>23</b> Come Journal With Me Nostalgia Edition 12:30 - 1:30 pm	<b>24</b> Computer Lab Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	<b>25</b> Depression & Anxiety Support Group 12:30 - 1:30 pm	<b>26</b>
<b>27</b>	<b>28</b> Walk & Talk 3 - 4 pm	<b>29</b> Sharpie Mugs 12:30 - 1:30 pm	<b>30</b> Come Journal With Me Collage Edition 12:30 - 1:30 pm	<b>31</b> Computer Lab Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm		
<p>To register for groups please call (705) 526-4569                      Walk &amp; Talk meeting places: Monday's Midland Tim Horton's and Thursday's Penetanguishene Tim Horton's</p>						