

November 2023



CHH

October '23							December '23						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
					1	2						1	2
8	9	10	11	12	13	14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	10	11	12	13	14	15	16
22	23	24	25	26	27	28	17	18	19	20	21	22	23
29	30	31					24	25	26	27	28	29	30
							31						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Computer Lab Drop-In 12:30 - 1:30 pm	2 Coping Toolbox Group: Sight 12:30 - 1:30 pm	3 Sharpie Mugs 12:30 - 2 pm	4
5	6 Walk & Talk 3 - 4 pm	7 Mindfulness & Tea 12:30 - 1:30 pm	8 Computer Lab Drop-In 12:30 - 1:30 pm	9 Coping Toolbox Group: Sound 12:30 - 1:30 pm	10 Diamond Art 12:30 - 1:30 pm	11
12	13 Walk & Talk 3 - 4 pm	14 Mindfulness & Tea 12:30 - 1:30 pm	15 Computer Lab Drop-In 12:30 - 1:30 pm	16 Coping Toolbox Group: Smell 12:30 - 1:30 pm	17 Bowling @ Bayshore Lanes 12:30 - 1:30 pm	18
19	20 Walk & Talk 3 - 4 pm	21 Mindfulness & Tea 12:30 - 1:30 pm	22 Computer Lab Drop-In 12:30 - 1:30 pm	23 Coping Toolbox Group: Touch 12:30 - 1:30 pm	24 Follow Along Painting 12:30 - 1:30 pm	25
26	27 Walk & Talk 3 - 4 pm	28 Mindfulness & Tea 12:30 - 1:30 pm Mental Health Support Group 5 - 6 pm	29 Computer Lab Drop-In 12:30 - 1:30 pm	30 Coping Toolbox Group: Taste 12:30 - 1:30 pm		
<p>To register for groups please call (705) 526-4569 Walk & Talk meeting places: Monday's Penetang Tim Horton's and Thursday's Midland Tim Horton's</p>						