

January 2025



CHH

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	1 New Years Day Office Closed	2 Clue 12:30 - 1:30 pm	3 Come Journal With Me 12:30 - 1:30 pm	4
5	6 Drop-In 2:45 - 3:45 pm	7 Paint your Feelings 12:30 - 1:30 pm	8 Mental Health Support Group 12:30 - 1:30 pm	9 Diamond Art 12:30 - 1:30 pm	10 Come Journal With Me 12:30 - 1:30 pm	11
12	13 Drop-In 2:45 - 3:45 pm	14 Clay Creations 12:30 - 1:30 pm	15 Mental Health Support Group 12:30 - 1:30 pm	16 Trivia (music) 12:30 - 1:30 pm	17 Come Journal With Me 12:30 - 1:30 pm	18
19	20 Drop-In 2:45 - 3:45 pm	21 Bowling @ Bayshore Lanes 12:30 - 1:30 pm	22 Mental Health Support Group 12:30 - 1:30 pm	23 Mindfulness Colouring 12:30 - 1:30 pm	24 Come Journal With Me 12:30 - 1:30 pm	25
26	27 Drop-In 2:45 - 3:45 pm	28 Watercolour Painting 12:30 - 1:30 pm	29 Mental Health Support Group 12:30 - 1:30 pm	30 Macrame Feathers 12:30 - 1:30 pm	31 Movie 80's Flashback 12:30 - 1:30 pm	1
2	3	Notes To register for groups, please call (705) 526-4569 Please note the office will be closed on January 1st for New Year's Day				