

August 2024



CHH

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Peer Support Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	2 Rubber Band Bracelets 12:30 - 1:30 pm	3
4	5 Office Closed	6 Cornhole 12:30 - 1:30 pm	7 Mental Health Support Group 12:30 - 1:30 pm	8 Peer Support Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	9 Diamond Art 12:30 - 1:30 pm	10
11	12 Walk & Talk 12:30 - 1:30 pm	13 Paint your Feelings 12:30 - 1:30 pm	14 Mental Health Support Group 12:30 - 1:30 pm	15 Peer Support Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	16 Boredom Buster Jars 12:30 - 1:30 pm	17
18	19 Walk & Talk 12:30 - 1:30 pm	20 Beginners Cross Stitch 12:30 - 1:30 pm	21 Mental Health Support Group 12:30 - 1:30 pm	22 Peer Support Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	23 Movie 12:30 - 2:30 pm *snacks provided Comedy	24
25	26 Walk & Talk 12:30 - 1:30 pm	27 Bowling @ Bayshore Lanes 1 - 2 pm	28 Mental Health Support Group 12:30 - 1:30 pm	29 Peer Support Drop-In 12:30 - 1:30 pm Walk & Talk 3 - 4 pm	30 Spoon Bugs 12:30 - 1:30 pm	31
1	2	Notes To register for groups please call (705) 526-4569 Walk & Talk meeting places: Monday's Penetang Tim Horton's. Thursday's Midland Tim Horton's (Bay ST)				