

# May 2010 Calendar of Events

MHSP—The Link Tel: 613-284-4608

Su	Mo	Tue	Wed	Thu	Fri	S
						1
2	3	4 10:00 1 on 1 peer support 11:00 1 on 1 peer support appt  1:30– 3:30 Group: “4 steps to happiness” 3:30 –4:00 exercises	5 10:00 Drop In/Check In 11:00 –12:00 Brunch \$2  <b>1:30-4:00 Wii game afternoon &amp; Wood working</b>	4 10:00 1 on 1 peer support 11:00 1 on 1 peer support appt  1:30– 3:30 Group: 3:30 –4:00 exercises	7 CPN meeting Ottawa 12:00 Lunch \$3 1:30-3:30 Creativity Day - art, writing, photography, 3:30-4:00 exercises	8
9	10	11 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group: “4 steps to happiness “ 3:30 –4:00 exercises	12 10:00 Drop In/Check In 11:00 –12:00 Brunch \$2 1:30-4:00 activities at Link	11 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group: 3:30– 4:00 exercises	14 <b>MSB meeting 10:30-12:00</b> 12:00 Lunch \$3 1:30-3:30 Creativity Day  <b>On Stage BBQ 5:30-9:00 \$2</b>	15
16	17	18 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group: “4 steps to happiness” 3:30 –4:00 exercises	19	18 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group:  3:30-4:00 exercises	21 10:00 Drop In/Check In 12:00 Lunch \$3 1:30-3:30 Creativity Day - art, writing, photography, 3:30-4:00 exercises	22
23	24	25 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group: “4 steps to happiness” 3:30 –4:00 exercises	26 10:00 Drop In/Check In 11:00 –12:00 Brunch \$2  <b>1:30- 4:00 Movie &amp; discussion</b>	25 10:00 1 on 1 peer support 11:00 1 on 1 peer support  1:30– 3:30 Group:  3:30-4:00 exercises	28 10:00 Drop In/Check In 12:00 Lunch \$3 1:30-3:30 Creativity Day - art, writing, photography, crafts  3:30-4:00 exercises	29
30	31	June 1	2	3	4	
			<a href="http://www.mhsp-links.ca">www.mhsp-links.ca</a>			