
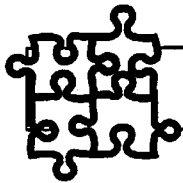


MHSP—The Link ☀ May Calendar Open 10:00 a.m.- 4:00 p.m.

S	M	Tue	Wed	Thu	Fri	S
1	2	10:00-12 Drop In* 1:30 Anger Management (full) 1:30 Bariatric support group 1:30-3:00 Support group	4 10:00-12 Drop In* 11:00 Photography Club 1:30-3:00 BINGO 3:30 Exercises	5 Link closed in a.m. CP support group 10:00-12:00 1:30 - 3:00 Men's Support Grp 1:30 - group/3:30 exercises 6-9 Family Support	6 10:00-12 Drop In* Lunch prep 12-1:00 Lunch 1:30 Movie 🎵 On Stage 5:30 \$2 incl 🎵	7
8	9	10:00—12 Drop In* 1:30 Anger Management (full) 1:30 Bariatric support group 1:30-3:00 Support group	11 Ottawa Tulip Festival \$3 includes lunch Leave 11 a.m. Bring chair, \$, hat, drinks 6:00 CP Men's group	12 Link closed in a.m. CP support group 10:00-12:00 1:30 - 3:00 Men's Support Grp 1:30—group 3:30-4:00 Exercises	13 10:00-12:00 Drop In * Lunch prep 12-1:00 Veggie Casserole Lunch 1:30 Movie 1:30-3:00 Peer led group	14
15	16	17 10:00-12 Drop In* 1:30 Anger Management (full) 1:30 Bariatric support group 1:30-3:00 Support group	18 10:00-12 Drop In* 11:00 Photography Club 1:30—4:00 Film & discussion with Matt & co. 6:00 CP Men's group	19 Link closed in a.m. CP support group 10:00-12:00 1:30 - 3:00 Men's Support Grp 1:30 - group 3:30—4:00 Exercises	20 10:00-12 Drop In* Lunch prep 12-1:00 Lunch 1:30 Movie 1:30-3:00 Peer led group	21
22	23	24 Bus leaves Link @ 9:45 a.m. Baseball game Ottawa \$4 Bring food, drink \$, hat sunscreen	25 10:30-12:00 MSB Member's meeting 1:30-3:00 Games afternoon 3:30 Gardening meeting 6:00 CP Men's group	26 Link closed in a.m. CP support group 10:00-12:00 1:30—3:00 Men's Support Grp 1:30—group 3:30—4:00 Exercises	27 LINK closed Kingston training	28
29	30	31 10:00-12 Drop In* 1:30 Anger Management (full) 1:30 Bariatric support group 1:30-3:00 Support group	JUNE <i>Here comes the sun!</i> 	AWG coming this month BBQ season is here.....	* "Drop In's" are a good time to connect, check in, enjoy a little toast & coffee and to get your day started. Join us Tues, Wed, & Fridays, it's free & it's good for you!	



MHSP - THE LINK

The Mental Health Support Program (MHSP) and The Link, our drop in centre, is a peer run, wellness recovery and social activity centre for people with mental health challenges. The Link is a safe and welcoming environment that offers hope, support, fun and resources for people to come together to identify and work towards their individual recovery goals. We offer support groups, one on one appointments, social activities, workshops and much more. Call, or come by, no referral needed.

New Hours: we will now be opening 10:00 a.m. - 4:00 p.m. as we need the hours to accommodate an evening group in Carleton Place.

Open Tuesday – Friday 10:00 a.m. to 4:00 p.m.*

(*The Smiths Falls site of The Link is closed Thursday mornings as we are in Carleton Place. We re-open in SF at 1:00 p.m. on Thursdays)

Call: 613-284-4608

Check out the website to get updated information, or call us at The Link. Activity calendars are available for each month and are posted on our web site, at the Link or at Lanark County Mental Health in Smiths Falls & Carleton Place.

MHSP Staff & Support Staff:

Recovery Educators: Margaret Edwards medwards@mhsp-links.ca Tel: 613-284-4608

Halina Shannan hshannan@mhsp-links.ca Tel: 613-284-4608

Social Recreation : Matt Fenton, LCMH Tel: 613-283-2170

Administration: Pam Fergusson, N LCHC Tel: 613-284-4608

Mental Health Support Program (MHSP) - The Link

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