

November 2010 MHSP - The Link

613-284-4608

www.mhsp-links.ca

| Su | Mo | Tue | Wed | Thu | Fri | Sat |
|----|----|--|--|--|---|-----|
| | 1 | 2 10:00 Drop In/Check In & Coffee Club 1:30 WRAP 7-9 SFT Group | 3 10:00 Drop In/ Check In & Coffee Club 1:30 BINGO Dude! \$2 per card, \$3 per 2 cards | 4 10:00 Drop In/ Check In 1:30 Coping with Anxiety 7-9 Family Support Group Bariatric Support group | 5 10:00 Drop in—Food prep Noon Lunch \$3 2:00-4:00 Women's group 3:00 Adult Literacy visit | 6 |
| 7 | 8 | 9 10:00 Drop In/Check In & Coffee Club 1:30 WRAP 7-9 SFT Group | 10 Canadian War Museum Leave link 12:30 1:30-4:45 \$6 | 11 LINK CLOSED Remembrance Day | 12 10:00 Drop In - Food prep Noon Lunch \$3 2:00-4:00 Women's groups | 13 |
| 14 | 15 | 16 10:00 Drop In/Check In & Coffee Club 1:30 WRAP 7-9 SFT Group | 17 Link Closed for workshop ASIST Workshop #1 Suicide Awareness Please sign up | 18 10:00 Drop In/Check In 1:30 Coping with Anxiety 4:00 Meditation | 19 Link Closed for workshop ASIST Workshop #2 Suicide Awareness Sign up please 6:00 –9:00 Onstage \$2 | 20 |
| 21 | 22 | 23 10:00 Drop In/Check In & Coffee Club 1:30WRAP 7-9 SFT Group | 24 10:00 Drop In/Check In 1:30 Games Afternoon Drinks \$1 3:00 Adult Literacy visit | 25 10:00 Drop In/Check In 1:30 Coping with Anxiety 4:00 Meditation | 26 Drop In prep for concert Christmas Choir Concert & Desserts | 27 |
| 28 | 29 | 30 10:00 Drop In/Check In & Coffee Club 1:30 WRAP 7-9 SFT Group | Dec 1 10:00 Drop In/Check In 1:30-4:00 Christmas movies No bus for this event | Dec 2 10:00 Drop In/Check In 1:30 Group 4:00 Meditation | Dec3 10:00 Drop In Noon Lunch \$3 2:00-4:00 Women's Group 7:00-10:30 Hockey game SF vs Lumber Kings \$7 | |