

# September 2010 MHSP—The Link

613-284-4608 [www.mhsp-links.ca](http://www.mhsp-links.ca)

Sun	Mo	Tue	Wed	Thu	Fri	Sat
		Open Tues– Fri 9:30-4:30	1 10-12 Drop In Check In & Coffee Club 1:30 Games 7-10:30 Car Races \$9	2 10-12 Drop In/Check In & Coffee Club (free) 1:30-3:30 Movie 6-9 Family Support BBQ	3 10:00 Open for cooking - 12:00 Lunch \$3 2-4 Living Well : workshop & art expression	4
5	6	7 10-12 Drop In Check In & Coffee Club (free) 1:30 Recovery Workshop 3:30 Exercises	8 10-12 Drop In Check In & Coffee Club  Fishing Trip & BBQ	9 10-12 Drop In/Check In & Coffee Club (free) 1:30-3:30 Groups: Women's, Peers, Men's,	10 10:00 Open for cooking - 12:00 Lunch \$3 2-4 Living Well: workshop & art expression	11
12	13	14 10-12 Drop In Check In & Coffee Club (free) 1:30 Recovery Workshop 3:30 Exercises	15  LINK closed today	16 11-1:00 Link closed for Peer to Peer support meeting (10-12 CP Group)  Open at 1:30-3:30 Groups : Women's, Peers, Men's,	17 10:00 Open for cooking - 12:00 Lunch \$3 2-4 Living Well: workshop & art expression <b>5-9 On Stage &amp; BBQ \$3</b>	18
19	20	21 10-12 Drop In Check In & Coffee Club (free) 1:30 Recovery Workshop 3:30 Exercises 7-9 SFT Workshop (10 wks)	22 10-12 Drop In Check In & Coffee Club  1:30– Movie & discussion \$2 includes drink	16 11-1:00 Link closed for Peer to Peer support meeting (10-12 CP Group)  Open at 1:30-3:30 Groups: Women's ,Peers, Men's,	24 10:00 Open for cooking - 12:00 Lunch \$3 2-4 Living Well: workshop & art expression	25
26	27	28 10-12 Drop In Check In 1:30 Recovery Workshop 3:30 Exercises 7-9 SFT Workshop	29 10-12 Drop In Check In & Coffee Club  1:30 –3:30 MSB Meeting	30  Link Closed	Oct 1  Link Closed	