To Register, Call 519-371-3642 x1229

AM CLASS – 10:00 AM – 12:00 PM PM CLASS – 1:30 PM – 3:30 PM UNLESS OTHERWISE NOTED

Sunday	Monday	Tuesday	weattesday	Inuisday	Fliday	Saturday
						1
2	3	4	5	6	7	8
					OVERCOMING STIGMA	
	VISION BOARDS					
9	10	11	12	13	14	15
					OVERCOMING STIGMA	
	VISION BOARDS		AFTERNOON CHAT			
16	17	18	19	20	21	22
	CLOSED-HOLIDAY	ART FOR WELLNESS				
23	24	25	26	27	28	
			NOTE: NO WOMEN'S GROUP THIS MONTH			
			AFTERNOON CHAT			

Wednesday

Thursday

Recovery College



Canadian Mental Health Association Grey Bruce Mental Health and Addiction Services

Tuesday

February 2025

Friday

Saturday