

# May 2019

Pierre Belec

## Community Mental Health Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Call Pierre 705-268-6262 ext. 330 to Register in the Community Mental Health Program			1 Drumming at TH 12-130 Day Social 1:30-3:30 (Bread Day)	2  Chalking 1-3 @Court House	3 Proclamation for mental health week at City of Timmins 10AM	4
5  <b>Mental Health Week May 5-11</b>	6  Gym Nights 5:30-7:30 Ages 13- 24	7  Community Kitchen 12-12:45	8 Day Social  Walk For Wellness 6:30 @ Gillies Lake	9  Chalking 1-3 @McIntyre Arena	10 Kiskino Land Based Activities (weather permitting)	11  May is Sexual Assault Awareness Month
12  Northern Exchange program Confidential (Needle Exchange)  	13  Gym Nights 5:30-7:30 Ages 13- 24	14  Sacred Fire 9-1  Community Kitchen 12-12:45	15 Drumming at TH 12-130  Day Social 1:30-3:30	16  Chalking 1-3 @Third and Pine	17	18  
	20  TNFC Closed	21  Community Kitchen 12-12:45	22 Day Social <b>(cancelled)</b>  Children's Mental Health Symposium	23  Children's Mental Health Symposium	24 Kiskino Land Based Activities (weather permitting)	
26  <b>Naloxone Kits Available</b>	27  Gym Nights 5:30-7:30 Ages 13- 24	28  Community Kitchen 12-12:45	29 Drumming at TH 12-130 Day Social 1:30-3:30 (Bread Day)	30  Chalking 1-3 @ Bus Depot Library	31 Kiskino Land Based Activities (weather permitting)	