

April



2021

Indigenous Community Mental Health Program

The community mental health program is for youth and adults. The goals of the program are end stigma regarding mental health and addictions, raise awareness of issue, and to find activities free of substances or gambling.

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Kizhaay 5-7	2 CLOSED	3
4	5 CLOSED	6	7 Ramada 2-4 Outreach 4-6	8 Kizhaay 5-7	9 Admin	10
11 Snacks Wednesday 1 - 3	12 Sacred Fire 1-4	13 NEP Outreach 2-4	14 Day Social Ramada 2-4	15 GFB Delivery Kizhaay 5-7	16 Admin	17
18 Lunches on Tuesday 12 - 12:45	19 Sacred Fire 1-4	20	21 Ramada 2-4	22 Earth Day! 🌍 Kizhaay 5-7	23 Admin	24
25	26 Sacred Fire 1-4	27 NEP Outreach 2-4	28 Ramada 2-4 Outreach 4-6	29 Professional Development Kizhaay 5-7	30 Professional Development	