



Canadian Mental Health Association  
Fort Frances Branch  
Mental health for all

## Dryden CMHAFF Drop-In Centre

**August 2018**

52 Van Horne Ave.

**Located In The Back**

223-8841 ext. 224 or 225

**Hours of Operation:**  
9:30am to 3:00pm

Unless otherwise stated

### Events Description

- ⇒ **HAIR CUTS 5\$**, Come with washed hair, sign up
- ⇒ **BINGO**—USEFUL PRIZES !
- ⇒ **Art/Craft** — You decided what you want to make, get creative!
- ⇒ **Walks**—Boost your mood by walking!
- JUST ASK!**
- ⇒ **D&D**—Play games, your choice!
- ⇒ **Movie Day**—Friday
- ⇒ **Birthdays** celebration for all members this month
- ⇒ **WALMART Trip**—SIGN UP REQUIRED
- ⇒ **Cookie Wed** ~ Learn to bake and bring your ideas
- ⇒ **Card Games** ~ Apples to apples, Rummy etc
- ⇒ **Rec Centre** ~ Gina can take you ~ **Just Ask!**
- ⇒ **Seasonal Events**

MON	TUES	WED	THURS	FRI
30 Arts and Crafts D&D	31 Word Search Card Games Walk	1 BBQ Helpers needed	2 Walmart Trip @10:30am D&D	3 Movies Healthy Living Food Box Drop off
6 Closed Civic Holiday	7 Word Search Walk	8 Haircuts 10-12pm	9 Blue Lake Trip Leaving @9:30am Staying All Day Rides home after	10 Movies D&D
13 Bingo D&D	14 Arts and Crafts Walk	15 Birthdays Cookie Wed	16 D&D Walk	17 Healthy Living Food Box pickup Movie is Avengers Infinity War
20 Arts and Crafts D&D	21 Craft is Cup- Coasters Walk	22 Breakfast Helpers needed	23 Walk	24 Movies D&D
27 Bingo D&D	28 Painting Walk	29 Cookie Wed Walk	30 D&D Walk	31 Movies Walmart Trip @10:30am