



Canadian Mental Health Association
Fort Frances Branch
Mental health for all

Dryden CMHAFF Drop-In Centre

July 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 !
- ⇒ **Arts and Crafts** — You decided what you want to make, get creative!
- ⇒ **Walks**—Boost your mood by walking!
- JUST ASK!**
- ⇒ Play  games, your choice!
- ⇒ **Movie Day**—Friday
- ⇒ **Birthdays** celebration for all members this month
- ⇒ **WALMART Trip**—SIGN UP REQUIRED
- ⇒ **Cookie Wed** ~ Learn to bake cookies 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
2 CLOSED Canada Day	3 Walk	4 Cookie Wed Walk	5 YOGA IN THE PARK	6 P off Movies Healthy Living Food Box Drop off 
9 Haircuts 10-12 	10 Painting	11 Breakfast Helpers Needed	12 Walk 	13 G off Movies 
16 Arts and Crafts 	17 Word Search Cards	18 Birthdays Tie Dying	19 Walk 	20 G off Healthy Living Food Box pickup Movies 
23 BINGO@11am 	24 Word Search Cards	25 Cookie Wed Walk Aug Calendar Planning@11am	26 Walk 	27 P off Movies 
30 Arts and Crafts 	31 Word Search Cards	1 BBQ Helpers Needed	2 Walmart trip @10:30am 	3 Movies 