

Peer Support Drop-In Centre

The CMHA Peer Support Drop-In Centre is:

A service for individuals 18 years of age and older who have a personal mental health issue or have had one in the past. Family members are also welcome.

The Drop-In Centre is:

A safe place to receive peer support, share, join in and make new friends. We learn together, encouraging each other while providing hope as we journey towards our recovery.

The Dryden CMHA Peer Support Drop-In Centre's info:

Open Monday-Friday 9am-3pm

Located at 52 Van Horne Avenue (back entrance)

223-8841

Some of the things we regularly offer are:

Games Day, Movie Day, Arts/Crafts and Free Lunch twice a month.

Peer Support Drop-In Centres can be found in the following communities: Dryden, Kenora, Fort Frances and Red Lake



Each CMHA Drop-In Centre has a calendar of activities that can be found on our website: www.cmhaff.ca

