

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 Fort Frances CMHA Peer Support Drop-In Centre's info:

Open Monday-Friday 8:30am-1pm

Located at 612 Portage Avenue (corner of Second St. & Portage)

274-2347 ext. 214 or 213

Some of the things we regularly offer are:

Wellness Program, Creative Activities & Daily Lunch for a small fee. Check out our calendar on the web www.cmhaff.ca

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

