

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 Red Lake CMHA Peer Support Drop-In Centre's info:

Open Tuesday-Friday 10:30am- 3:00pm

201B Hammell Road

727-2162 ext. 203

Some of the things we regularly offer are:

Movies, Crafts, Games & Free Lunch several times 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

