

# 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 Wednesdays and Thursdays 9:30am - 3:00pm

**201B Hammell Road**

**727-2162 ext. 203**

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](http://www.cmhaff.ca)

