

# Fort Frances District Peer Support Drop-In Centre Minutes of the October 2, 2018 Meeting Membership Meeting

**Our Vision** - Mental health and wellness in all communities

**Our Mission** - to be a leader in the provision of advocacy, education, research and client-centered recovery-based services in the Kenora and Rainy-River District

**Our Values** - collaboration, empowerment and self-determination, diversity and social justice, accountability, integrity and transparency and innovation



## UPCOMING EVENTS:

### October–

- Thanksgiving Dinner
- Halloween Party

### November-

- Remembrance Day
- Flu Shot Clinic

### December-

- Annual Christmas Party with Gift Exchange



**Watch for Activities on our monthly calendar!**

**Together we brainstormed the following ideas for upcoming activities:**

- Halloween... Treats, snacks, pumpkin carving, pumpkin hunt, and watch Hocus Pocus
- Remembrance Day... Hand out poppies, watch a movie (Saving Private Ryan), and word finds
- Exercise Class with Jeromy
- Fall Walks around town
- Dream Catchers with Mary
- Crock Pot Cooking Class
- Baking with Members
- Christmas.... Christmas Dinner and Switching up the gift exchange (no drawing gift exchange names ahead of time, instead draw names the night of. This will ensure there are enough gifts for everyone who wishes to participate in the exchange)



**Halloween**

**Party**

Monday

October 29th,  
2018

10:00 am until  
Noon

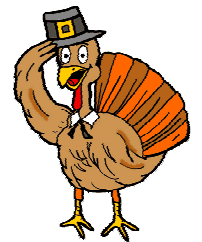


**WHAT WE DECIDED:**

**\*watch the events calendar for details\***

**October-**

- **Thanksgiving Dinner - October 11, 2018....** Meal Prep (Need members to volunteer with food prep and cooking!), followed by Thanksgiving Dinner.
- **Halloween Party - October 29, 2018....** Treats, snacks and pumpkin hunt.



**November-**

- **Remembrance Day - We will be closed November 12, 2018, however we will honour the day November 9, 2018.....** Watch a movie (Saving Private Ryan), hand out Remembrance Day poems and word finds.
- **Flu Clinic - November 14, 2018.....** Date to be announced!!!

**December-**

- **Christmas Dinner....** Again we will need members to volunteer with meal prep and cooking! We are switching up the gift exchange this year; no drawing names in advance, we will draw names at the Christmas Party. This way everyone wishing to participate is guaranteed a gift!