

# Fort Frances District Peer Support Drop-in Centre

## Membership Meeting minutes from December 20, 2018

**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 and Changes

**No Smoking Policy on CMHA Fort Frances property effective January 2, 2019**

Crock Pot Cooking Classes—January 29

Valentines Day February 14

Family Day February 18

Saint Patrick's Day March 17



**Cough and sneeze?  
Elbow, please!**



### How should I sneeze or cough to reduce the spread of disease and germs?

Follow these tips to reduce the spread of colds and other germs:

- Cover your mouth with a tissue and dispose of it, then wash your hands immediately afterward.
- Sometimes a cough or sneeze sneaks up on you. If you don't have a tissue available, the most effective method is to use your sleeve in the crook of your arm.
- The germs will become trapped in the fabric and prevents them from being spread to others.





We talked about activities that members could teach or facilitate. A couple of members offered to present activities, One was dream catchers and another was nature crafts

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

- \* **Nature Crafts**
- \* Nature Walk - Eighth St.,
- \* Skating,
- \* Museum,
- \* **Dream Catchers,**
- \* St. Patrick's Day Shamrock Shakes,
- \* Art Classes, creative time with glitter, glue, Bristol board, felt, foam and construction paper,
- \* Bog walk,
- \* Horseback Riding,
- \* Bobsledding
- \* Snowshoeing



**Winners of the survey draw were:**

**Albert, Jackie and Peggy - Thanks for participating!**