




Canadian Mental  
Health Association  
Fort Frances Branch

# 2018

## APRIL

Tue	Wed	Thu	Fri
3 <b>CLOSED</b>	4 <i>NWHU presents</i> Physical Activity & Wellness	5 Board games or Cribbage	6 <b>SPRING Clean-up</b>
10 <i>Scrapbooking</i>	11 <b>Healthy Lunch</b>	12 Mental Health Week poster mak-	13 <b>SPRING Clean-up</b>
17 Mental Health Week poster mak- ing	18 <b>Healthy Lunch</b>	19 <b>Stand up for Men- tal Health Videos</b>	20 <i>BINGO</i>
24 Beading	25 <b>Healthy Lunch</b>	26 Puzzles and brain teasers	27 Recipe Book pages
30 <b>Stand up for Men- tal Health Videos</b>	<p><i>Love does not come with a tag of restrictions and limitations. It is an independent feeling which arises from within and is purely unconditional and boundless.</i></p> 		

FOR MORE

INFORMATION

AND FOR PICK-UPS

**PLEASE CALL:**

**727-2162**

**Shari Ext# 203**

**OR**

**Brenda Ext # 202**

**(Tuesday & Wednesday)**

**Drop In OPEN**

**Tuesday to Friday**

**10:30 am to 3 pm**

**201- B Hammell Rd**

**RED LAKE**

**PLEASE CALL THE  
OFFICE BY 9:30 FOR**

**A RIDE**

**DROP OFF TIME**

**3p.m.**

**All activities start at**

**1 p.m.**