



Canadian Mental  
Health Association  
Hamilton  
Mental health for all

## November 2024

### Peer Support Drop In Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 <b>E-Motion</b> 	2
3	4	5 "Think Tank" 	6	7	8 Flanders Fields 	9
10	11 Remembrance Day 	12 Bird Feeders 	13	14	15 Charades 	16
17	18	19 Karaoke 	20	21	22 Board Games 	23
24	25	26 De dwa da dehs nye>s Traditional Teachings 	27	28	29 Canadian History Week - Indigenous History 	30

***Open: Tuesday & Friday - 1pm to 4pm***