






Canadian Mental  
Health Association  
Hamilton  
Mental health for all

# January 2025 Peer Support Drop In Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 <b>CLOSED</b> 	4
5	6	7 <b>BOOKMARKS</b> 	8	9	10 <b>RANDOM FACTS</b> 	11
12	13	14 <b>CHAIN LINK</b> 	15	16	17 <b>PUZZLES</b> 	18
19	20	21 <b>HYGGE</b> 	22	23	24 <b>MOVIE DAY</b> 	25
26	27	28 <b>BRICK DAY</b> 	29	30	31 <b>HOT CHOCOLATE DAY</b> 	

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