



Canadian Mental Health Association  
Hamilton  
Mental health for all

# February 2025 Peer Support Drop In Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2 GROUNDHOG DAY 	3	4 MASK MAKING 	5	6	7 MOVIE DAY 	8
9	10	11 VALENTINE'S DAY CRAFT 	12	13	14 JEWELRY MAKING & VALENTINE'S DAY 	15
16	17 FAMILY DAY 	18 BINGO 	19	20	21 DANCE PARTY 	22
23	24	25 THERAPY TAILS 	26	27	28 WINTER WALK 	

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