

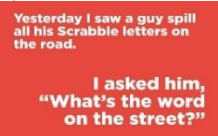











Canadian Mental
Health Association
Hamilton
Mental health for all

April 2025

Peer Support Drop In Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 APRIL FOOL'S DAY JOKES & RIDDLES 	2	3	4 SPRING ACTIVITY LET'S GO PLANTING 	5
6	7	8 BOARD GAMES 	9	10	11 Wellness Baskets WELLNESS 	12
13	14	15 Karaoke 	16	17	18 CLOSED GOOD FRIDAY 	19
20	21 EASTER MONDAY 	22 EARTH DAY 	23	24	25 THERAPY TAILS 	26
27	28	29 MOVIE DAY 	30			

Open: Tuesday & Friday - 1pm to 4pm