



Canadian Mental
Health Association
Hamilton
Mental health for all

June 2025 Peer Support Drop In Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 CARDS 	4	5	6 DONUT DAY 	7
8	9	10 RANDOM ACTS OF KINDNESS 	11	12	13 SPORTS DAY 	14
15 FATHER'S DAY 	16	17 RESOURCES 	18	19	20 MOVIE DAY 	21
22	23	24 ORIGAMI 	25	26	27 THERAPY TAILS 	28
29	30					

Open: Tuesday & Friday – 1pm to 3:30pm