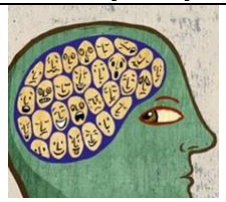
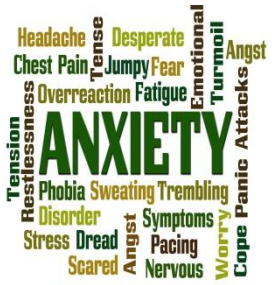
RECOVERY WEST DROP IN SCHEDULE

August 2018

Monday	Tuesday 4-8pm	Wednesday 4-8pm	Thursday 4-8pm	Friday 4-8pm	Saturday 12-4pm	Sunday
CLOSED	 **3:30-4:30** Hearing Voices **4:30 – 5:30** Knit Wits **5:30-6:30** Arts & Crafts	**5:00-6:00** Depression & Awareness 	 **4:30-5:30**Understanding Anxiety	*NEW GROUP* **4:30-5:30:** Mental Health 101 	 **12:30-3:00** Card Games	CLOSED

Monthly Meetings	Outings & Outreach	Cancelations & Closures
• Members' Meeting - 3RD Thursday of the Month –August 16 @ 4:00 – 4:15 pm 	• Every Friday 1:00-2:30 – Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga)* • 4th Tuesday of every month – Coffee & Movie @ Square One, August 28th at 2:00 ***Please phone Cathy for details 905-796-9030 ext. 340***	**Friday August 3rd – Coffee Talk** **Saturday August 4th – Drop-In closed** **Friday August 31st – Coffee Talk** ***Schedule is subject to change.** **Please check the bulletin boards at Recovery West for any changes***