












DROP IN



Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">2</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Music Jam</p> 	<p style="text-align: right;">3</p> <p>5:00-6:00 Depression & Awareness</p>	<p style="text-align: right;">4</p> <p>4:30-5:30 Understanding Anxiety 5:30-6:30 Arts & Crafts</p> 	<p style="text-align: right;">5</p> <p>*Mental Health 101 finished – BREAK WEEK – new group starting next Friday* 1:00-2:30 Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga)*</p>	<p style="text-align: right;">6</p> <p style="text-align: center;"><i>Happy Thanksgiving</i></p>  <p style="text-align: center;">We are closed today</p>
<p style="text-align: right;">9</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Music Jam</p>	<p style="text-align: right;">10</p> <p>5:00-6:00 Depression & Awareness</p> 	<p style="text-align: right;">11</p> <p>4:30-5:30 Understanding Anxiety 5:30-6:30 Arts & Crafts</p>	<p style="text-align: right;">12</p> <p>1:00-2:30 Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga)* *NEW* 4:30-5:30: Building Self Compassion</p>	<p style="text-align: right;">13</p> <p>12:30-3:00 Card Games</p> 
<p style="text-align: right;">16</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Music Jam</p> 	<p style="text-align: right;">17</p> <p>5:00-6:00 Depression & Awareness</p>	<p style="text-align: right;">18</p> <p>4:00-4:15 Drop In Members Meeting 4:30-5:30 Understanding Anxiety 5:30-6:30 Arts & Crafts</p>	<p style="text-align: right;">19</p> <p>1:00-2:30 Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga)* 4:30-5:30: Building Self Compassion</p>	<p style="text-align: right;">20</p> <p>12:30-3:00 Card Games</p>
<p style="text-align: right;">23</p> <p>2:00 Coffee & Movie @ Square One* 3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Music Jam</p>	<p style="text-align: right;">24</p> <p>5:00-6:00 Depression & Awareness</p> 	<p style="text-align: right;">25</p> <p>4:30-5:30 Understanding Anxiety 5:30-6:30 Arts & Crafts</p> 	<p style="text-align: right;">26</p> <p>1:00-2:30 Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga)* 4:30-5:30: Building Self Compassion</p>	<p style="text-align: right;">27</p> <p>12:30-3:00 Card Games</p> 
<p style="text-align: right;">30</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Music Jam</p>	<p style="text-align: right;">31</p> <p>5:00-6:00 Depression & Awareness</p>	<p style="text-align: center;">*Schedule is subject to change* Please check the bulletin boards at Recovery West for any changes*</p> <ul style="list-style-type: none"> • Drop in is closed on Sundays and Mondays • <i>*Starred groups are held outside of Recovery West; please see below for details</i> <ul style="list-style-type: none"> ○ Coffee and Movies @ Square One – <i>Please call Cathy for details 905-796-9030 ext. 340</i> 		