

















Recovery West Drop-In

| Tuesday 4-7:45pm | Wednesday 4-7:45pm | Thursday 4-7:45pm | Friday 4-7:45pm | Saturday 12-3:45pm |
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| <p>3</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Members Music Group</p>  | <p>4</p> <p>5:00-6:00 Depression & Awareness 6:30-8:00 Queer Minds (Offsite @ 314)</p>  | <p>5</p> <p>4:30-6:00 Arts and Crafts 5:00-6:00 Understanding Anxiety</p>  | <p>6</p> <p>1:00-2:30 *Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga) * 5:30 - 7:00 In-House Movies</p> | <p>7</p> <p>12:30-3:00 Games 12:30-3:00 Saturday Baking</p>  |
| <p>10</p> <p>2:00 pm – Coffee Chat and Movies *NEW DAY* 3:30-4:30 Hearing Voices 6:00 – 7:30 Members Music Group</p> | <p>11</p> <p>5:00-6:00 Depression & Awareness 6:30-8:00 Queer Minds (Offsite @ 314)</p>  | <p>12</p> <p>5:00-6:00 Understanding Anxiety</p>  | <p>13</p> <p>1:00-2:30 *Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga) * 5:30 - 7:00 In-House Movies</p> | <p>14</p> <p>12:30-3:00 Games</p>  |
| <p>17</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Members Music Group</p>  | <p>18</p> <p>5:00-6:00 Depression & Awareness 6:30-8:00 Queer Minds (Offsite @ 314)</p>  | <p>19</p> <p>5:00-6:00 Understanding Anxiety</p>  | <p>20</p> <p>1:00-2:30 *Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga) * 5:30 - 7:00 In-House Movies</p> | <p>21</p> <p>12:30-3:00 Card Games 12:30-3:00 Saturday Baking</p>  |
| <p>24</p> <p>3:30-4:30 Hearing Voices 4:30 – 5:30 Knit Wits 6:00 – 7:30 Members Music Group</p> | <p>25</p> <p>5:00-6:00 Depression & Awareness 6:30-8:00 Queer Minds (Offsite @ 314)</p>  | <p>26</p> <p>5:00-6:00 Understanding Anxiety</p>  | <p>27</p> <p>1:00-2:30 *Coffee Talk @ McDonalds (King St. & Hurontario St., Mississauga) * 5:30 - 7:00 In-House Movies</p> | <p>28</p> <p>12:30-3:00 Games</p>  |

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3:30-4:30 Hearing Voices
4:30 – 5:30 Knit Wits
6:00 – 7:30 Members Music Group



Schedule is subject to change

Please check the bulletin boards at Recovery West for any changes*
Drop in is closed on Sundays and Mondays
Starred groups are held outside of Recovery West
Coffee and Movies @ Square One-March 10
Must be a REGULAR member of the DROP-IN to attend-SIGN UP REQUIRED

