

March 2025

South Huron Site is Located at
149B Thames Rd.
Exeter, ON N0M 1S3
(519) 235-0335



Canadian Mental Health Association
Thames Valley
Addiction and Mental Health Services



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm <i>(registration required)</i></p>	<p>4</p> <p>Exeter Centre closed</p>	<p>5</p> <p>Drop-In Coffee Social & Lunch Program 9:00am-1:00pm</p>	<p>6</p> <p>Getting On with Life Addictions Drop in Group 12:00pm-2:00pm</p>	<p>7</p> <p>Drop-in Art Group & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm</p>
<p>10</p> <p>Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm</p>	<p>11</p> <p>Exeter Centre closed</p>	<p>12</p> <p>Drop-In Coffee Social & Lunch Program 9:00am-1:00pm</p>	<p>13</p> <p>Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-4:00pm</p>	<p>14</p> <p>Drop-in Board Games & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm</p>
<p>17</p> <p>Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm</p>	<p>18</p> <p>Exeter Centre closed</p>	<p>19</p> <p>Drop-In Coffee Social & Lunch Program 9:00am -1:00pm</p>	<p>20</p> <p>Drop-In Peer Support with CMHA Huron Perth (James) 12:00pm-2:30</p>	<p>21</p> <p>Drop-in Mindfulness & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm</p>
<p>24</p> <p>Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm</p>	<p>25</p> <p>Exeter Centre closed</p>	<p>26</p> <p>Drop-In Coffee Social & Lunch Program 9:00am -1:00pm</p>	<p>27</p> <p>Community Kitchen Group 9:30am-12:30pm Getting On with Life Addictions Drop in Group 12:00pm-2:00pm</p>	<p>28</p> <p>Drop In Baking & Connection 10:00am-12:00pm Drop-In Laundry/Shower Program 10:00am-12:00pm</p>
<p>31</p> <p>Drop-In Laundry/Shower Program 10:00am-12:00pm Clearing the Clutter Group 1:00pm-2:30pm</p>				



To Register for Groups or More Information Call 519.235.0335

