



Monday	Tuesday	Wednesday	Thursday	Friday
 <div> <p><i>Hello August</i></p>  </div>				<p>1</p> <p><b>Drop In Social and Connection</b> 10:00am-12:00pm <b>Gardening Group</b> 11:00am-12:00pm</p>
<p>4</p> <p><b>PROVINCIAL HOLIDAY</b></p> <p><b>Program Closed</b></p>	<p>5</p> <p><b>Exeter Site Closed</b></p>	<p>6</p> <p><b>Coffee and Connection</b> 9:30am-11:30am <b>CMHA HP Drop In Counselling</b> 12:30pm-2:30pm</p>	<p>7</p> <p><b>CMHA HP Getting on with Life Drop In Group</b> 12:00pm-2:00pm  <b>CMHA Peer support Drop In (James)</b> 2:00pm-4:00pm</p>	<p>8</p> <p><b>Drop In Social and Connection</b> 10:00am-12:00pm <b>Gardening Group</b> 11:00am-12:00pm</p>
<p>11</p> <p><b>Community Drop In for Support and Information</b> 11:00am-1:00pm <b>Nature Walk McNaughton Trail</b> 1:00pm-2:30pm</p>	<p>12</p> <p><b>CMHA Drop in Lucan Library</b> 10:00am-12:00pm  <b>Exeter Site Closed</b></p>	<p>13</p> <p><b>Coffee and Connection</b> 9:30am-11:30am</p>	<p>14</p> <p><b>Community Kitchen Group (registration required)</b> 9:30am-12:30pm <b>CMHA HP Peer Support Drop In (James)</b> 12:00pm-4:00pm</p>	<p>15</p> <p><b>Drop In Social and Connection</b> 10:00am-12:00pm <b>Gardening Group</b> 11:00am-12:00pm</p>
<p>18</p> <p><b>Community Drop In for Support and Information</b> 11:00am-1:00pm <b>Nature Walk McNaughton Trail</b> 1:00pm-2:30pm</p>	<p>19</p> <p><b>Exeter Site closed</b></p>	<p>20</p> <p><b>Coffee and Connection</b> 9:30am-11:30am <b>CMHA HP Drop In Counselling</b> 12:30pm-2:30pm</p>	<p>21</p> <p><b>Summer BBQ Lunch</b> 11:30am-1:30pm (registration required)  <b>CMHA HP Getting on with Life Drop In Group</b> 12:00pm-2:00pm</p>	<p>22</p> <p><b>Drop In Social and Connection</b> 10:00am-12:00pm <b>Gardening Group</b> 11:00am-12:00pm</p>
<p>25</p> <p><b>Community Drop In for Support and Information</b> 11:00am-1:00pm <b>Nature Walk McNaughton Trail</b> 1:00pm-2:30pm</p>	<p>26</p> <p><b>CMHA Drop In Exeter Library</b> 10:00am-12:00pm  <b>Exeter Site Closed</b></p>	<p>27</p> <p><b>Coffee and Connection</b> 9:30am-11:30am</p>	<p>28</p> <p><b>CMHA HP Peer Support Drop In (James)</b> 12:00pm-4:00pm</p>	<p>29</p> <p><b>Drop In Social and Connection</b> 10:00am-12:00pm <b>Gardening Group</b> 11:00am-12:00pm</p>

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

To Register for Groups or More Information Call: 519-235-0335